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PORTION SIZES AND DAY'S INTAKES OF SELECTED FOODS

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Trade names are used in this publication solely for the purpose of providing specific information. Mention of a trade name does not constitute a guarantee or warranty of the products by the U.S. Department of Agriculture or an endorsement of the Department over other products not mentioned.

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PORTION SIZES AND DAY'S INTAKES OF SELECTED FOODS

By Eleanor M. Pao and Marguerite C. Burk[1]

The nutritional labeling program of the Food and Drug Administration (FDA) has increased the need for information on the amounts of individual foods consumed in single meals and in a day. Nutrition information on food labels must be related to a serving size appropriate for consumption as a part of a meal by an adult male or an amount of food consumed daily. Amounts must be based on reliable information. If an amount for the day is to be used on the label, it must be established, along with the amount so consumed, that the food is customarily consumed more than once during the day. The FDA program requires nutrition labeling under specified circumstances, such as the addition of nutrients during processing or the making of nutritional claims for the product. Other products may be labeled with nutrient information if the manufacturer wishes.

Data obtained in the Department of Agriculture's spring 1965 Survey of Food Intake of Individuals have been retabulated to provide information on reported serving sizes for use in meeting requirements for nutrition labeling and to supply information needed by nutritionists and dietitians planning meals for sex-age groups such as children and the elderly. Although these survey data are 10 years old, they are based on the most recent nationwide statistically selected sample.

The selection of the 49 foods or groups of foods for inclusion here was based on their frequency of use in the survey and the likelihood of their being labeled under the FDA nutrition labeling program. For each of the foods this publication supplies a brief descriptive text based on the tabulation and a table with frequency and portion size information for the total U.S. sample aged 3 years and over and for 11 sex-age groups which are distributed across the age span.

Each table has the total number of individuals in each sex-age category sampled in the survey and the percentage of individuals in each group who reported consumption of the food or food group on the day surveyed. Each table has three more sets of data, which pertain to: (1) The amounts of the food consumed in a day (weight equivalents in grams), (2) the number of times in a day the food was eaten, and (3) the largest quantity of the food consumed in any meal during the 24-hour period by each individual.

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Within each of the three sets are data on (a) the average for users only within the sex-age category, (b) maximum amount or number of times consumed by any individual in the sex-age category, and (c) the proportion of all individuals in the sample population who consumed amounts (or number of times) within each specified interval. The proportions or percentages are often called frequency distributions.

The spring 1965 Survey of Food Intake of Individuals was taken as a part of the 1965-66 nationwide survey of household food consumption. Information was obtained on the food intake for one day by individual family members of the households interviewed. Data for 17,810 individuals are included in the tabulations for this publication. The samples for men and women 20 to 64 years of age have been doubled for this total and in the tabulations because only one-half of the people in this age range living in the participating households were asked to supply information. The time of each eating occasion at home and away from home was identified by the respondents. Each occasion is treated in our analysis as a separate meal, even if it included only a glass of milk.

The quantity of each food consumed was recorded by the interviewer in common household units, usually as obtained from the homemaker-respondent. The weight equivalents for the common measures given in column 2 of each table are those used in conversions from household units to grams. When data for more than one food are included in the tabulation, the weight equivalents are approximations for the food group estimated from more detailed breakdowns. Footnotes to the tables indicate the items included in each food group and the estimated sizes assigned to the food when amounts were not reported. A review of a systematic sampling of survey schedules indicated that an assignment of serving size was required for these food groups in about 10 percent of the entries.

The information on portion sizes obtained in this survey were estimated in most cases by the homemaker-respondent and were not weighed or measured. The survey utilized recall procedures, not a procedure involving recording at time of use.

The quantitative intervals for the frequency distributions in the tables were set to place the most frequent units within separate intervals. For example, the equivalent of 1 cup of fluid whole milk (244 g) is in the 241- to 360-g interval (table 1) and those for 1-1/2 and for 2 cups in two other intervals. The intervals for quantities used in the day range from the smallest amount to the largest or maximum amount reported. The data on largest serving size of milk consumed at any one meal of the day are spread over 11 unequal intervals in order to indicate the frequency of small and large portion sizes with as few categories as possible.

The top bank of data in the tables reports the proportion or percentage of each sample group whose total intake of the food during the 24-hour period fell within each of the specified intervals. The middle bank gives the percentage distributions for the number of different occasions on which the food was eaten during the day. The percentage distributions of individuals among portion sizes, reported in the bottom bank of data, are based on the largest portion each individual reported during the day. For example, if a person had a medium-sized piece of ham for lunch and a small piece as a bedtime snack, only the medium-sized piece entered into the tabulation for portion sizes.

DAIRY PRODUCTS

Data on portion sizes for fluid milk were tabulated first for fluid whole milk only (table 1). Then part whole milk, with about 2 percent butterfat, was added to the whole milk group and the data for the two types were tabulated (table 2). Finally, fluid skim milk was combined with fluid whole and part whole milk in a tabulation of all fluid milks (table 3).

Fluid whole milk (table 1) was a part of the 24-hour diets of 68 percent (67.9) of the population 3 years of age and over. Milk with 2 percent butterfat (table 2) was apparently much less common than now (1975), being reported by only 0.5 percent of the population just identified, compared with 2.7 percent reporting skim milk. The percentage consuming one or more of these milks totaled 71.1 percent (table 3).

A slightly higher proportion of males than females used milk and their serving sizes were larger. For almost one-third of the users, the most common largest serving of fluid milk at any meal in the day occurred in the interval including the 1 cup measure. The frequency of small servings (1 or 2 tablespoons) probably was related to use in coffee or tea. High proportions of males drank more than 420 g (about 1-3/4 cups to 1 quart) of milk at some meal, for example, 25.5 percent of the 15 to 17 year olds, 11.3 percent of the 20 to 34 year olds, and 7.4 percent of the men 35 to 54 years old. Most of this milk was whole milk. The popularity of milk with teenage boys (15 to 17 years) is further attested by the fact that four out of five used milk and that about 19.1 percent consumed at least 1 quart and 39.5 percent 2 or 3 cups in the day.

Among the 15- to 17-year old males, 18.2 percent used no milk, 21.2 percent had milk in one meal, 23.7 percent had milk for two meals, 25.3 percent had milk for three, and 11.6 percent had milk four to eight times. Their frequency of milk usage was a little below that of the 3 to 5 year olds.

Out of the entire U.S. sample, 3.9 percent of the individuals used evaporated milk (unsweetened and undiluted) (table 4). Both the portion sizes and the totals for the day ran higher for men 65 to 74 years of age than for other sex-age groups. The wide variability in portion sizes and in total amounts reported reflect differences in use, such as in coffee, on cereal, and as a beverage. One and two tablespoons were relatively more frequent portion sizes.

Ten percent (10.1) of the U.S. sample consumed American cheese (table 5). The average amount (excluding content of mixed dishes such as in macaroni and cheese) was 28.9 g, approximately the weight of the usual slice of processed American cheese. However, a higher proportion reported eating 1 to 15 g (1/2 slice or less) than 16 to 35 g.

The portion sizes of ice cream[2/] reported most often were around one-half to two-thirds of a cup, which fell in the 66- to 105-g interval (table 6). However, 8.6 percent of the total sample ate 3/4 cup or more as the day's largest serving. Considering the fact that 17.6 percent of the total sample ate ice cream on the day surveyed, this indicates substantial serving sizes for one-half of the ice cream eaters. As expected, more children (about 20 percent) ate ice cream than adults (about 15 percent).

2/ Weights of ice cream vary substantially, but the weights used in converting amounts reported in cups and pints are indicated in the second column of table 6.

TABLE 1.--Fluid whole milk consumed in a day by selected sex-age groups, United States, spring 1965[1]

Item and unit	Common measure and weight equivalent in grams	Total sample, weighted	Selected sex-age groups (M = male, F = female)										
			3-5 years M and F	9-11 years		15-17 years		20-34 years		35-54 years		65-74 years	
				M	F	M	F	M	F	M	F	M	F
Individuals sampled, weighted number--		17,810	1,397	663	597	561	532	1,396	1,676	2,050	2,444	450	599
Percent consuming on day surveyed--		67.9	86.6	85.2	84.1	79.5	72.4	67.6	57.5	59.6	52.8	64.2	53.9
Quantity consumed in day:													
Average for users-----------grams--		438.0											
Maximum-----------------------do---		3,472											
Proportion of total sample using specified amounts, in grams:													
1- 120-------------percent--	1/4 cup = 61 g	11.1	2.1	1.5	.8	3.2	5.4	14.9	14.2	14.6	17.7	15.6	20.2
121- 240----------------do----	1/2 cup = 122 g	9.2	8.6	4.8	6.4	2.8	4.9	7.4	9.9	8.6	14.1	15.3	10.8
241- 360----------------do----	1 cup = 244 g	14.6	14.4	15.2	15.9	12.8	21.2	15.3	15.0	15.7	12.1	14.0	13.2
361- 480----------------do----	1-1/2 cups = 366 g	6.3	12.3	8.3	12.1	4.6	7.5	6.0	4.5	4.5	2.6	4.9	2.8
481- 730----------------do----	2 cups = 488 g	13.4	25.4	20.6	23.9	20.5	19.0	12.2	9.8	9.4	5.0	8.7	5.0
731- 970----------------do----	3 cups = 732 g	8.2	16.2	21.3	18.4	17.3	9.8	5.0	2.3	3.1	.7	3.3	1.3
971-1330----------------do----	1 qt = 976 g	4.0	6.5	11.3	6.2	13.4	3.9	4.3	1.6	2.3	.4	2.0	.5
1331-3472----------------do----	2 qt = 1952 g	1.1	1.1	2.1	.3	4.8	.6	2.4	.1	1.2	.2	.4	0
Number of times consumed in the day:													
Average for users----------number--		2.3											
Maximum-----------------------do---		22											
Proportion of sample using:													
Once--------------------percent--		22.7	16.2	19.3	20.9	21.2	29.3	25.2	24.9	22.6	21.6	26.2	27.0
Twice----------------------do----		19.0	22.8	23.7	26.1	23.7	20.7	21.8	14.0	16.2	14.0	15.8	13.5
Three times----------------do----		16.5	30.4	27.6	26.5	23.4	15.8	12.6	11.7	11.1	8.9	13.8	8.3
Four times-----------------do----		7.0	13.4	11.3	8.4	8.9	5.3	5.9	3.1	5.6	5.2	6.0	3.3
Five to six times----------do----		2.5	3.6	3.3	2.2	2.1	1.3	2.0	3.3	3.5	2.7	2.0	1.5
Seven to eight times-------do----		.2	.1	0	0	.2	0	.1	.1	.4	.2	.2	.2
Over eight times-----------do----		.1	0	0	0	0	0	0	.3	.2	.1	.2	0
Largest quantity in any meal in a day:													
Average for users---------grams--		245.0											
Maximum----------------------do---		2,480											
Proportion of total sample using specified amounts, in grams:													
1- 30--------------percent--	1 tbsp = 16 g	6.6	.2	.3	.2	1.2	2.6	10.9	10.5	9.5	11.3	7.3	10.7
31- 60-----------------do----	2 tbsp = 32 g	2.9	.1	.2	0	1.1	1.7	4.0	3.1	4.2	4.7	3.8	3.7
61- 120----------------do----	1/4 cup = 61 g	3.7	2.0	1.0	.7	.9	1.1	2.7	3.1	3.3	7.4	7.8	7.8
121- 180----------------do----	1/2 cup = 122 g	5.4	10.7	2.6	4.0	1.6	1.9	2.7	5.0	5.1	6.5	10.0	6.3
181- 240----------------do----	3/4 cup = 183 g	7.3	21.5	7.1	8.7	2.7	4.9	3.7	6.9	3.8	5.5	6.2	6.7
241- 300----------------do----	1 cup = 244 g	30.1	42.2	50.4	56.3	36.4	47.0	25.8	22.8	22.3	13.9	21.8	15.8
301- 360----------------do----	1-1/4 cups = 305 g	3.1	2.6	5.9	4.4	5.2	5.6	3.0	2.6	2.5	1.5	2.0	1.7
361- 420----------------do----	1-1/2 cups = 366 g	2.8	3.8	6.0	4.0	6.4	3.2	3.7	1.2	1.8	1.1	1.6	.7
421- 540----------------do----	2 cups = 488 g	4.8	3.0	11.0	5.5	19.4	3.0	6.9	1.9	5.6	.8	3.6	.7
541- 850----------------do----	3 cups = 732 g	.8	.5	.6	.3	2.5	.7	2.3	.3	.9	.2	.2	0
851-2480----------------do----	1 qt = 976 g	.4	.1	.2	0	2.1	.6	1.9	0	.6	0	0	0

[1] Data from Survey of Food Intake of Individuals, excluding children under 3 years of age. Only half of the adults 20 to 64 years of age were asked to supply information. To provide the proper representation, the numbers of persons in sex-age groups within this range were doubled for this table. Fluid whole milk includes homogenized and nonhomogenized, with and without fortification with vitamin D. When portion size was not specified, an estimate of 244 g was used. Items may not add to totals because of rounding.

TABLE 2.--Fluid whole and partially skimmed milk consumed in a day by selected sex-age groups, United States, spring 1965[1]

Item and unit	Common measure and weight equivalent in grams	Total sample, weighted	Selected sex-age groups (M = male, F = female)										
			3-5 years M and F	9-11 years		15-17 years		20-34 years		35-54 years		65-74 years	
				M	F	M	F	M	F	M	F	M	F
Individuals sampled, weighted number---		17,810	1,397	663	597	561	532	1,396	1,676	2,050	2,444	450	599
Percent consuming on day surveyed---		68.4	86.9	85.8	84.3	80.4	73.1	68.1	58.1	60.1	53.2	64.4	54.8
Quantity consumed in day:													
Average for users-----------grams---		439.2											
Maximum---------------------do-----		3,472											
Proportion of total sample using specified amounts, in grams:													
1- 120-------------percent---	1/4 cup = 62 g	11.1	2.1	1.5	.8	3.2	5.4	14.9	14.2	14.6	17.7	15.6	20.4
121- 240---------------do----	1/2 cup = 123 g	9.2	8.5	4.8	6.2	2.8	4.9	7.4	9.8	8.8	14.3	15.6	11.0
241- 360---------------do----	1 cup = 245 g	14.7	14.4	15.2	15.6	13.0	21.0	15.6	15.2	15.8	12.4	14.0	13.2
361- 480---------------do----	1-1/2 cups = 368 g	6.4	12.4	8.4	12.4	4.6	7.7	6.0	4.6	4.6	2.7	4.9	2.8
481- 730---------------do----	2 cups = 490 g	13.5	25.6	20.8	24.1	20.8	19.2	12.2	10.2	9.4	5.0	8.7	5.5
731- 970---------------do----	3 cups = 738 g	8.2	16.2	21.4	18.6	17.5	10.1	5.1	2.3	3.1	.8	3.3	1.3
971-1330---------------do----	4 cups = 980 g	4.0	6.5	11.4	6.2	13.5	4.1	4.3	1.6	2.3	.4	2.0	.5
1331-3472---------------do----	2 qt = 1960 g	1.2	1.1	2.1	.3	4.8	.6	2.4	.1	1.3	.2	.4	0
Number of times consumed in the day:													
Average for users----------number---		2.3											
Maximum---------------------do----		22											
Proportion of sample using:													
Once------------------percent---		22.7	16.2	19.3	20.6	21.6	29.5	25.5	24.8	22.8	21.8	26.4	27.2
Twice--------------------do----		19.2	23.0	23.8	26.1	23.7	20.9	21.8	14.4	16.4	14.0	15.8	14.0
Three times--------------do----		16.7	30.5	27.9	26.8	23.9	16.2	12.8	11.9	11.2	9.1	13.8	8.5
Four times---------------do----		7.0	13.4	11.5	8.5	8.9	5.3	5.9	3.1	5.6	5.2	6.0	3.3
Five to six times--------do----		2.5	3.6	3.3	2.2	2.1	1.3	2.0	3.3	3.5	2.7	2.0	1.5
Seven to eight times-----do----		.2	.1	0	0	.2	0	.1	.1	.4	.2	.2	.2
Over eight times---------do----		.1	0	0	0	0	0	0	.3	.2	.1	.2	0
Largest quantity in any meal in a day:													
Average for users-----------grams---		246.9											
Maximum---------------------do----		2,480											
Proportion of total sample using specified amounts, in grams:													
1- 30---------------percent--	1 tbsp = 16 g	6.6	.2	.3	.2	1.2	2.6	10.9	10.5	9.5	11.3	7.3	10.8
31- 60------------------do----	2 tbsp = 32 g	2.9	.1	.2	0	1.1	1.7	4.0	3.1	4.2	4.7	3.8	3.7
61- 120-----------------do----	1/4 cup = 62 g	3.7	2.0	1.0	.7	.9	1.1	2.7	3.1	3.3	7.4	7.8	7.7
121- 180-----------------do----	1/2 cup = 123 g	5.4	10.7	2.6	4.0	1.6	1.9	2.7	5.0	5.1	6.4	10.0	6.3
181- 240-----------------do----	3/4 cup = 185 g	7.3	21.5	7.1	8.7	2.8	4.9	3.7	6.8	4.0	5.5	6.4	6.8
241- 300-----------------do----	1 cup = 245 g	30.4	42.5	51.0	56.4	36.5	46.8	26.2	23.4	22.5	14.2	21.8	16.2
301- 360-----------------do----	1-1/4 cups = 307 g	3.1	2.6	5.9	4.4	5.2	5.6	3.0	2.6	2.5	1.5	2.0	1.8
361- 420-----------------do----	1-1/2 cups = 368 g	2.8	3.8	6.0	4.0	6.4	3.6	3.7	1.3	1.8	1.1	1.6	.7
421- 540-----------------do----	2 cups = 490 g	4.9	3.0	11.0	5.5	19.8	3.6	6.9	1.9	5.6	.9	3.6	.7
541- 850-----------------do----	3 cups = 735 g	.8	.5	.6	.3	2.5	.7	2.3	.3	.9	.2	.2	0
851-2480-----------------do----	1 qt = 980 g	.4	.1	.2	0	2.3	.6	1.9	0	.7	0	0	0

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[1] Data from Survey of Food Intake of Individuals, excluding children under 3 years of age. Only half of the adults 20 to 64 years of age were asked to supply information. To provide the proper representation, the numbers of persons in sex-age groups within this range were doubled for this table. Includes both the fluid whole milk reported in table 1 and milk with 1 and 2 percent butterfat. When portion size for skimmed milk was not specified, an estimate of 246 g was used; for whole milk, 244 g. Items may not add to totals because of rounding.

TABLE 3.--Fluid whole, partially skimmed, and skim milk consumed in a day by selected sex-age groups, United States, spring 1965[1]

Item and unit	Common measure and weight equivalent in grams	Total sample, weighted	Selected sex-age groups (M = male, F = female)										
			3-5 years M and F	9-11 years		15-17 years		20-34 years		35-54 years		65-74 years	
				M	F	M	F	M	F	M	F	M	F
Individuals sampled, weighted number---		17,810	1,397	663	597	561	532	1,396	1,676	2,050	2,444	450	599
Percent consuming on day surveyed----		71.1	89.4	88.5	86.4	81.8	75.4	69.5	60.3	62.2	56.9	68.4	59.9
Quantity consumed in day:													
Average for users----------grams----		444.6											
Maximum---------------------do------		3,472											
Proportion of total sample using specified amounts, in grams:													
1- 120------------percent----	1/4 cup = 62 g	11.1	2.2	1.5	.8	3.2	5.6	14.9	14.0	14.5	17.9	15.8	21.0
121- 240----------------do------	1/2 cup = 123 g	9.5	8.6	4.8	5.9	2.8	4.7	7.6	10.1	9.0	14.6	16.4	13.2
241- 360----------------do------	1 cup = 245 g	15.1	14.3	15.1	15.6	12.6	20.7	16.0	16.0	16.6	13.4	14.4	14.4
361- 480----------------do------	1-1/2 cups = 368 g	6.7	12.9	8.6	12.1	4.4	7.3	6.0	4.6	4.8	3.3	5.3	3.2
481- 730----------------do------	2 cups = 490 g	14.3	26.9	21.8	25.8	21.0	19.7	12.6	11.1	9.7	5.8	9.8	5.8
731- 970----------------do------	3 cups = 735 g	8.8	16.3	22.5	19.2	18.5	11.8	5.4	2.5	3.7	1.1	4.2	1.8
971-1330----------------do------	1 qt = 980 g	4.2	7.0	11.7	6.5	14.1	4.9	4.3	1.8	2.4	.6	2.0	.5
1331-3472----------------do------	2 qt = 1960 g	1.2	1.1	2.4	.5	5.0	.6	2.6	.1	1.3	.2	.4	0
Number of times consumed in the day:													
Average for users----------number----		2.3											
Maximum---------------------do------		[illegible]											
Proportion of sample using:													
Once------------------ -percent----		23.3	16.2	19.2	20.4	21.2	28.6	26.1	25.2	23.3	23.2	27.8	29.7
Twice---------------------do------		20.0	23.9	24.7	26.6	23.7	21.4	22.2	15.6	17.0	15.2	16.9	15.2
Three times----------------do------		17.6	31.6	29.0	28.3	25.3	18.4	13.0	12.4	12.0	9.6	14.7	9.0
Four times-----------------do------		7.3	13.7	12.1	8.9	9.3	5.6	6.0	3.2	5.8	5.6	6.2	4.0
Five to six times----------do------		2.6	3.9	3.6	2.2	2.1	1.3	2.0	3.3	3.5	2.8	2.4	1.8
Seven to eight times-------do------		.2	.1	0	0	.2	0	.1	.1	.4	.2	.2	.2
Over eight times-----------do------		.1	0	0	0	0	0	0	.3	.2	.2	.2	0
Largest quantity in any meal in a day:													
Average for users---------grams----		251.0											
Maximum--------------------do------		2,484											
Proportion of total sample using specified amounts, in grams:													
1- 30-------------percent----	1 tbsp = 16 g	6.6	[illegible]	[illegible]	[illegible]	[illegible]	2.8	10.9	10.6	9.4	11.4	7.6	10.8
31- 60----------------do------	2 tbsp = 32 g	2.9	.2	[illegible]	0	1.1	1.7	4.0	2.9	4.2	4.7	3.8	4.0
61- 120----------------do------	1/4 cup = 62 g	3.8	2.1	1.0	.7	.9	1.1	2.7	3.0	3.3	7.7	7.8	8.0
121- 180----------------do------	1/2 cup = 123 g	5.6	10.7	2.4	3.8	1.1	1.9	2.7	5.5	5.2	6.6	10.7	8.0
181- 240----------------do------	3/4 cup = 185 g	7.6	22.0	7.2	8.7	2.8	5.1	3.9	6.7	4.1	6.2	6.9	7.8
241- 300----------------do------	1 cup = 245 g	32.0	43.9	52.6	57.8	37.1	47.7	27.1	25.0	24.1	16.2	23.1	17.7
301- 360----------------do------	1-1/4 cups = 307 g	3.3	2.6	6.2	4.5	5.2	5.6	3.2	2.0	2.5	1.6	2.4	1.8
361- 420----------------do------	1-1/2 cups = 368 g	3.0	3.9	6.0	4.2	6.4	4.1	3.7	1.4	2.0	1.1	1.8	.8
421- 520----------------do------	2 cups = 490 g	5.2	3.1	11.6	6.2	20.7	3.6	7.0	1.9	5.8	1.1	4.2	.7
541- 850----------------do------	3 cups = 735 g	.8	.6	.8	.3	2.5	1.1	2.3	.1	.9	.2	.2	.2
851-2480----------------do------	1 qt = 980 g	.4	.1	.2	0	2.3	.6	2.0	0	.7	0	0	0

[1] Data from Survey of Food Intake of Individuals, excluding children under 3 years of age. Only half of the adults 20 to 64 years of age were asked to supply information. To provide the proper representation, the numbers of persons in sex-age groups within this range were doubled for this table. Includes fluid milks reported in tables 1 and 2 and both fresh and reconstituted dry skim milk. When portion size for whole milk was not specified, an estimate of 244 g was used; for skimmed milk, 246 g; and for partially skimmed, 245 g. Items may not add to totals because of rounding.

TABLE 4.--Evaporated milk consumed in a day by selected sex-age groups, United States, spring 1965 1/

Item and unit	Common measure and weight equivalent in grams	Total sample, weighted	Selected sex-age groups (M = male, F = female)											
			3-5 years M and F	9-11 years		15-17 years		20-34 years		35-54 years		65-74 years	
				M	F	M	F	M	F	M	F	M	F
Individuals sampled, weighted number---		17,810	1,397	663	597	561	532	1,396	1,676	2,050	2,444	450	599
Percent consuming on day surveyed----		3.9	2.3	.6	1.4	1.8	2.1	4.2	4.1	4.8	5.5	8.7	4.0
Quantity consumed in day:													
Average for users-----------grams----		107.8											
Maximum---------------------do------		1,216											
Proportion of total sample using specified amounts, in grams:													
1- 6---------------percent----	1 tsp = 5 g	.3	.1	.2	0	.7	.2	.7	.4	0	.5	.4	1.3
7- 14-----------------do------	2 tsp = 10 g	.6	0	0	0	.4	0	.7	.6	1.0	.7	2.0	.8
15- 21-----------------do------	1 tbsp = 16 g	.7	.2	.3	.2	0	.8	.6	.8	1.4	1.1	2.0	.8
22- 37-----------------do------	2 tbsp = 32 g	.8	.1	0	.5	.4	.4	.8	1.1	.8	1.4	2.0	.3
38- 69-----------------do------	1/4 cup = 64 g	.7	.4	0	.3	.3	.4	1.0	.7	.8	.8	1.1	.3
70- 130-----------------do------	1/3 cup = 85 g	.4	.6	0	.3	0	.2	.1	.2	.5	.7	.2	.2
131-1216-----------------do------	1 cup = 256 g	.3	.8	.2	0	0	.2	.1	.2	.4	.2	.9	.2
Number of times consumed in the day:													
Average for users----------number----		1.7											
Maximum---------------------do------		18											
Proportion of sample using:													
Once-------------------percent----		2.2	1.5	.4	1.3	1.4	1.9	2.4	2.5	2.5	3.0	4.2	2.3
Twice-------------------do------		1.0	.4	.2	0	.4	.2	1.3	.8	1.3	1.4	2.2	1.0
Three times-------------------do------		.5	.2	0	0	0	0	.4	.7	.7	.6	2.0	.7
Four times-------------------do------		.1	.1	0	0	0	0	0	0	0	.2	0	0
Five times or more----------do------		.1	0	0	0	0	0	0	0	.3	.2	.2	0
Largest quantity in any meal in a day:													
Average for users-----------grams----		45.9											
Maximum---------------------do------		432											
Proportion of total sample using specified amounts, in grams:													
1- 6---------------percent----	1 tsp = 5 g	.6	.1	.2	0	.7	.2	1.1	.6	.4	.8	1.8	2.2
7- 14-----------------do------	2 tsp = 10 g	.5	0	0	0	.4	0	.6	.6	.7	.9	1.6	.2
15- 21-----------------do------	1 tbsp = 16 g	.9	.2	.3	.2	.4	.7	.4	1.2	1.8	1.4	1.8	1.2
22- 37-----------------do------	2 tbsp = 32 g	.9	.1	0	.5	0	.6	1.6	.8	1.1	1.6	2.2	.2
38- 69-----------------do------	1/4 cup = 64 g	.4	.5	0	.3	.3	.2	.3	.5	.4	.3	.7	.3
70-130-----------------do------	1/3 cup = 85 g	.5	1.3	.2	.3	0	.2	.1	.3	.4	.4	.7	0
131-432-----------------do------	1 cup = 256 g	(2/)	.1	0	0	0	.2	0	0	0	0	0	0

1/ Data from Survey of Food Intake of Individuals, excluding children under 3 years of age. Only half of the adults 20 to 64 years of age were asked to supply information. To provide the proper representation, the numbers of persons in sex-age groups within this range were doubled for this table. Includes only unsweetened, undiluted evaporated milk. Items may not add to totals because of rounding.

2/ Less than 0.05 percent.

TABLE 5.--American cheese consumed in a day by selected sex-age groups, United States, spring 1965[1]

Item and unit	Common measure and weight equivalent in grams	Total sample, weighted	Selected sex-age groups (M = male, F = female)										
			3-5 years M and F	9-11 years		15-17 years		20-34 years		35-54 years		65-74 years	
				M	F	M	F	M	F	M	F	M	F
Individuals sampled, weighted number---		17,810	1,397	663	597	561	532	1,396	1,676	2,050	2,444	450	599
Percent consuming on day surveyed----		10.1	7.4	7.2	8.0	11.6	10.0	13.5	10.6	13.4	10.2	9.8	8.2
Quantity consumed in day:													
Average for users-------------grams--		28.9											
Maximum------------------------do----		272											
Proportion of total sample using specified amounts, in grams:													
1- 15-------------------percent--	1/2 slice = 14 g	4.7	4.6	4.2	4.7	3.7	4.7	4.3	5.6	5.8	4.6	3.8	3.5
16- 35----------------------do----	1 slice = 28 g	3.4	1.8	2.1	2.5	4.4	3.8	5.6	3.0	4.4	3.4	4.0	3.3
36- 65----------------------do----	2 slices = 56 g	1.2	.4	.6	.5	2.7	.9	1.6	1.5	1.4	1.5	1.3	1.0
66- 85----------------------do----	3 slices = 84 g	.4	.4	.3	.2	.2	.6	.4	.4	.9	.4	.2	.2
86-115----------------------do----	1/4 lb = 113 g	.1	.1	0	.2	.4	0	.4	0	.2	.1	.4	.2
116-272----------------------do----	6 slices = 168 g	.1	.1	0	0	.2	0	.3	.1	.6	.2	0	0
Number of times consumed in the day:													
Average for users-----------number---		1.0											
Maximum------------------------do----		3											
Proportion of sample using:													
Once----------------------percent--		9.7	7.2	7.1	7.9	10.5	9.8	12.8	10.5	12.7	9.6	9.3	7.8
Twice-----------------------do----		.4	.1	.2	.2	1.1	.2	.7	.1	.7	.6	.4	.3
Three times-----------------do----		(2/)	0	0	0	0	0	0	0	0	0	0	0
Four times or more-----------do----		(2/)	0	0	0	0	0	0	0	0	0	0	0
Largest quantity in any meal in a day:													
Average for users-------------grams--		27.8											
Maximum------------------------do----		272											
Proportion of total sample using specified amounts, in grams:													
1- 15-------------------percent--	1/2 slice = 14 g	4.8	4.6	4.4	4.8	3.7	4.9	4.5	5.6	5.8	4.9	3.8	3.5
16- 35----------------------do----	1 slice = 28 g	3.4	1.8	2.0	2.3	5.2	3.6	5.4	3.1	4.5	3.2	4.2	3.8
36- 65----------------------do----	2 slices = 56 g	1.3	.3	.6	.5	2.0	.9	2.3	1.4	1.5	1.6	1.3	1.0
66- 85----------------------do----	3 slices = 84 g	.3	.4	.3	.2	.4	.6	.4	.3	.6	.3	.2	0
86-115----------------------do----	1/4 lb = 113 g	.1	.1	0	.2	.4	0	.6	0	.2	0	.2	.2
116-272----------------------do----	6 slices = 168 g	.1	.1	0	0	0	0	.1	.1	.6	.2	0	0

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[1] Data from Survey of Food Intake of Individuals, excluding children under 3 years of age. Only half of the adults 20 to 64 years of age were asked to supply information. To provide the proper representation, the numbers of persons in sex-age groups within this range were doubled for this table. Includes both natural cheddar and processed American cheeses such as Velveeta and cheeses not specified as to kind. When portion size was not specified, an estimate of 28 g was used. (1 oz equals 28.35 g.) Items may not add to totals because of rounding.

[2] Less than 0.05 percent.

TABLE 6.--Ice cream consumed in a day by selected sex-age groups, United States, spring 1965[1]

Item and unit	Common measure and weight equivalent in grams	Total sample, weighted	Selected sex-age groups (M = male, F = female)										
			3-5 years M and F	9-11 years		15-17 years		20-34 years		35-54 years		65-74 years	
				M	F	M	F	M	F	M	F	M	F
Individuals sampled, weighted number--		17,810	1,397	663	597	561	532	1,396	1,676	2,050	2,444	450	599
Percent consuming on day surveyed---		17.6	20.5	21.0	24.0	20.5	18.0	13.9	15.4	16.0	15.8	13.6	15.4
Quantity consumed in day:													
Average for users------------grams--		123.3											
Maximum-----------------------do---		720											
Proportion of total sample using specified amounts, in grams:													
1- 35------------------percent--	3 tbsp = 27 g	.7	1.3	.9	1.2	.5	.9	.4	.6	.2	.8	1.1	.6
36- 65---------------------do---	1/4 cup = 36 g	3.7	8.0	4.1	6.2	2.0	5.1	1.1	3.9	1.9	3.7	1.8	3.2
66-105---------------------do---	1/2 cup = 71 g	4.1	4.7	3.6	4.8	4.1	3.0	3.6	3.7	3.6	4.3	2.2	3.6
106-135--------------------do---	3/4 cup = 107 g	3.7	2.8	5.0	4.5	4.1	4.7	3.6	3.2	4.3	2.7	4.0	3.2
136-195--------------------do---	1 cup = 142 g	3.4	2.8	4.5	4.7	4.3	2.6	3.1	2.8	3.1	2.9	2.7	3.3
196-720--------------------do---	1 pt = 284 g	1.9	.8	2.8	2.5	5.5	1.7	2.0	1.1	2.8	1.2	1.8	1.3
Number of times consumed in the day:													
Average for users-----------number---		1.1											
Maximum-----------------------do---		3											
Proportion of sample using:													
Once---------------------percent--		15.9	18.2	18.6	21.8	16.9	16.7	12.9	14.3	14.5	14.6	12.2	13.7
Twice-----------------------do---		1.5	2.1	2.2	1.3	3.4	.9	1.0	1.0	1.5	1.1	1.3	1.5
Three times-----------------do---		.1	.1	.2	.8	.2	.4	0	.1	0	.1	0	.2
Largest quantity in any meal in a day:													
Average for users------------grams--		111.1											
Maximum-----------------------do---		642											
Proportion of total sample using specified amounts, in grams:													
1- 35------------------percent--	3 tbsp = 27 g	.7	1.4	.9	1.2	.5	.9	.4	.6	.2	.7	1.1	.6
36- 65---------------------do---	1/4 cup = 36 g	4.0	8.5	4.8	6.5	2.1	5.6	1.3	4.2	1.9	3.9	2.0	3.5
66-105---------------------do---	1/2 cup = 71 g	4.4	5.4	3.4	5.3	8.7	3.2	3.7	4.0	4.1	4.6	2.4	4.3
106-135--------------------do---	3/4 cup = 107 g	3.8	2.7	5.0	4.8	4.4	4.3	3.7	3.0	4.3	2.8	3.8	3.3
136-195--------------------do---	1 cup = 142 g	3.6	1.9	5.3	4.5	5.5	3.0	3.0	3.0	3.4	2.9	3.1	2.8
196-642--------------------do---	1 pt = 284 g	1.2	.4	1.5	1.5	3.7	.9	1.7	.6	2.0	.6	1.1	.7

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[1] Data from Survey of Food Intake of Individuals, excluding children under 3 years of age. Only half of the adults 20 to 64 years of age were asked to supply information. To provide the proper representation, the numbers of persons in sex-age groups within this range were doubled for this table. Includes all flavors of ice cream and frozen custard but not ice milk, sherbet, or ice cream in cones, sandwiches, or sodas. When portion size was not specified, an estimate of 64 g was used. Items may not add to totals because of rounding.

BACON, HAM, AND PORK SAUSAGE

Bacon was more popular than ham or pork sausage, being consumed by 19.5 percent of those sampled (table 7). The most common serving (weight after cooking) was in the 1- to 19-g interval, which included two thin slices (8 g each). Males 20 to 34 years of age were heavier consumers in terms of amounts eaten than individuals in other sex-age groups. However, slightly higher proportions of older men than the younger men ate bacon. In each age group males more likely than females consumed bacon.

Of the individuals surveyed one-eighth of the total U.S. sample ate ham (table 8). Ham was much more popular among men than women or children. The most frequent portion size was in the 40- to 129-g interval. This interval also includes two slices of boiled ham (around 28 g each). About 2.5 percent ate less than 40 g of ham at a meal and an equal percentage consumed between 130 and 250 g (about 4.5 oz to 8.8 oz).

Pork sausage was consumed by 5.8 percent of the total U.S. sample (table 9). Males were more likely to consume this item and when they did, they ate larger quantities. The most frequent serving sizes for all consumers were one or two medium-sized links or one patty (3 oz). Very few individuals consumed pork sausage at more than one meal in a day.

TABLE 7.--Bacon consumed in a day by selected sex-age groups, United States, spring 1965[1]

Item and unit	Common measure and weight equivalent in grams	Total sample, weighted	Selected sex-age groups (M = male, F = female)										
			3-5 years M and F	9-11 years		15-17 years		20-34 years		35-54 years		65-74 years	
				M	F	M	F	M	F	M	F	M	F
Individuals sampled, weighted number--		17,810	1,397	663	597	561	532	1,396	1,676	2,050	2,444	450	599
Percent consuming on day surveyed---		19.5	14.8	18.9	12.1	22.5	13.7	22.4	19.2	26.2	18.1	26.0	18.9
Quantity consumed in day:													
Average for users-----------grams---		27.1											
Maximum-----------------------do----		288											
Proportion of total sample using specified amounts, in grams:													
1- 19-------------------percent--	1 thin slice = 8 g	9.9	9.8	10.7	6.0	9.1	8.8	6.3	11.2	10.3	10.5	9.1	12.2
20- 39----------------------do----	3 med. slices = 30 g	6.2	3.5	4.8	4.4	8.9	2.1	9.2	5.0	10.1	5.5	12.4	4.7
40- 99----------------------do----	5 med. slices = 50 g	2.7	1.4	3.0	1.5	3.4	1.7	5.6	2.1	4.7	1.9	3.8	1.8
100-169---------------------do----	15 med. slices = 150 g	.6	0	.3	.2	1.1	.9	1.3	.8	1.0	.2	.7	0
170-288---------------------do----	20 med. slices = 200 g	(2/)	0	0	0	0	.2	0	0	.1	0	0	.2
Number of times consumed in the day:													
Average for users-----------number--		1.0											
Maximum-----------------------do----		3											
Proportion of sample using:													
Once---------------------percent--		18.8	14.2	18.4	11.6	21.7	13.3	21.8	18.4	25.8	17.4	24.2	17.9
Twice-----------------------do----		.6	.5	.4	.5	.5	.4	.6	.7	.5	.6	1.8	1.0
Three times-----------------do----		(2/)	0	0	0	.2	0	0	.1	0	0	0	0
Largest quantity in any meal in a day:													
Average for users-----------grams---		26.2											
Maximum-----------------------do----		288											
Proportion of total sample using specified amounts, in grams:													
1- 19-------------------percent--	1 thin slice = 8 g	10.2	9.9	10.7	6.2	9.6	8.8	6.4	11.6	10.3	10.9	10.0	12.5
20- 39----------------------do----	3 med. slices = 30 g	6.2	3.6	4.8	4.4	8.4	2.2	9.3	4.8	10.5	5.2	11.6	4.5
40- 99----------------------do----	5 med. slices = 50 g	2.5	1.3	3.2	1.3	3.4	1.5	5.3	2.1	4.3	1.8	4.0	1.7
100-169---------------------do----	15 med. slices = 150 g	.6	0	.2	.2	1.1	1.1	1.3	.7	1.0	.2	.4	.2
170-288---------------------do----	20 med. slices = 200 g	(2/)	0	0	0	0	0	0	0	.1	0	0	0

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[1] Data from Survey of Food Intake of Individuals, excluding children under 3 years of age. Only half of the adults 20 to 64 years of age were asked to supply information. To provide the proper representation, the numbers of persons in sex-age groups within this range were doubled for this table. Includes cooked, regular bacon and Canadian bacon. When portion size was not specified, an estimate of 16 g for bacon and 14 g for Canadian bacon was used. (1 oz equals 28.35 g.) Items may not add to totals because of rounding.

[2] Less than 0.05 percent.

TABLE 8.--Ham consumed in a day by selected sex-age groups, United States, spring 1965[1/]

Item and unit	Common measure and weight equivalent in grams	Total sample, weighted	Selected sex-age groupe (M = male, F = female)											
			3-5 years	9-11 years		15-17 years		20-34 years		35-54 years		65-74 years	
				M	F	M	F	M	F	M	F	M	F
Individuals sampled, weighted number--		17,810	1,397	663	597	561	532	1,396	1,676	2,050	2,444	450	599
Percent consuming on day surveyed---		12.8	7.7	10.7	10.9	12.5	12.8	18.2	10.9	16.8	12.4	14.4	11.9
Quantity consumed in day:													
Average for users-----------grams---		122.5											
Maximum------------------------do----		962											
Proportion of total sample using specified amounts, in grams:													
1- 39------------------percent--	1 oz = 28.35 g	2.4	2.4	1.5	2.8	1.4	2.6	2.7	2.6	2.5	2.4	2.0	2.3
40-129---------------------do----	3.5 oz = 100 g	6.5	4.0	5.6	6.9	6.0	6.6	7.7	6.1	7.7	6.8	7.1	6.3
130-249---------------------do----	8 oz = 227 g	2.5	.7	2.6	1.0	3.7	3.2	4.3	1.4	4.3	2.2	2.9	2.2
250-369---------------------do----	10 oz = 284 g	.8	.3	.9	.2	.7	.4	1.7	.1	1.2	.7	2.0	1.0
370-489---------------------do----	16 oz (1 lb)=454 g	.3	.2	0	0	.4	0	1.3	.3	.4	.2	.2	0
490-962---------------------do----	24 oz - 680 g	.2	0	.2	0	.2	0	.4	.2	.6	.1	.2	0
Number of times consumed in the day:													
Average for users----------number---		1.1											
Maximum------------------------do----		4											
Proportion of sample using:													
Once--------------------percent--		11.5	7.1	9.5	10.6	10.7	11.6	16.8	9.8	14.3	11.5	12.9	10.7
Twice----------------------do----		1.2	.6	1.2	.3	1.8	1.1	1.3	1.1	2.3	.9	1.6	1.2
Three times----------------do----		(2/)	0	0	0	0	0	.1	0	0	0	0	0
Four times-----------------do----		(2/)	0	0	0	0	0	0	0	.1	0	0	0
Maximum quantity in any meal in a day:													
Average for users----------grams----		111.9											
Maximum-----------------------do-----		756											
Proportion of total sample using specified amounts, in grams:													
1- 39-----------------percent---	1 oz = 28.35 g	2.5	2.5	1.6	3.0	1.6	2.8	2.7	2.7	2.7	2.5	2.0	2.3
40-129---------------------do-----	3.5 oz = 100 g	6.6	3.9	6.0	6.9	6.4	6.6	7.9	6.3	8.3	6.8	4.9	6.8
130-249---------------------do-----	8 oz = 227 g	2.4	.8	2.1	.8	3.4	3.2	4.9	1.0	4.0	2.3	2.6	1.8
250-369---------------------do-----	10 oz = 284 g	.7	.3	.8	.2	.5	.2	1.8	.2	.8	.6	1.8	.8
370-489---------------------do-----	16 oz (1 lb)=454 g	.2	.1	0	0	.4	0	.7	.2	.6	.1	.2	0
490-756---------------------do-----	24 oz = 680 g	.1	0	.2	0	.2	0	.1	.2	.4	0	0	0

[1/] Data from survey of Food Intake of Individuals, excluding children under 3 years of age. Only half of the adults 20 to 64 years of age were asked to supply information. To provide the proper representation, the numbers of persons in sex-age groups within this range were doubled for this table. Includes cured, smoked, and boiled ham, as eaten. When portion size was not specified, an estimate of 85 g for ham and 28 g for boiled ham was used. Items may not add to totals because of rounding.

[2/] Less than 0.05 percent.

TABLE 9.--Pork sausage consumed in a day by selected sex-age groups, United States, spring 1965[1]

Item and unit	Common measure and weight equivalent in grams	Total sample, weighted	Selected sex-age groups (M = male, F = female)										
			3-5 years M and F	9-11 years		15-17 years		20-34 years		35-54 years		65-74 years	
				M	F	M	F	M	F	M	F	M	F
Individuals sampled, weighted number--		17,810	1,397	663	597	561	532	1,396	1,676	2,050	2,444	450	599
Percent consuming on day surveyed---		5.8	5.1	5.7	4.4	6.2	5.6	7.7	5.4	6.0	5.9	6.4	2.8
Quantity consumed in day:													
Average for users-----------grams---		83.8											
Maximum-----------------------do----		680											
Proportion of total sample using specified amounts, in grams:													
1- 19-----------------percent--	1 small link = 15 g	.5	.5	.3	.7	.5	.6	.1	.6	.5	.5	.4	0
20- 39--------------------do----	1 med. link = 35 g	1.2	2.1	2.0	1.0	.7	1.9	1.4	1.3	.6	.8	1.3	.8
40- 69--------------------do----	1/2 patty = 43 g	1.3	1.2	1.0	1.7	1.2	.9	1.6	1.2	1.5	1.6	1.1	1.0
70-129--------------------do----	1 patty = 85 g	1.7	.9	1.5	.7	2.3	1.1	2.4	1.5	1.9	2.0	1.1	.5
130-209--------------------do----	2 patties = 170 g	.7	.3	.3	.3	1.2	.7	1.8	.6	.9	.8	1.1	.3
210-369--------------------do----	8 med. links = 280 g	.3	0	.6	0	.2	.4	.3	.1	.7	.2	1.3	.2
370-680--------------------do----	5 patties = 425 g	(2/)	0	0	0	0	0	0	0	0	0	0	0
Number of times consumed in the day:													
Average for users----------number---		1.0											
Maximum-----------------------do----		3											
Proportion of sample using:													
Once--------------------percent--		5.5	5.1	5.3	4.0	5.9	5.6	7.6	5.4	5.6	5.6	5.8	2.8
Twice-----------------------do----		.2	0	.4	.3	.4	0	.1	0	.5	.2	.7	0
Three times-----------------do----		(2/	0	0	0	0	0	0	0	0	0	0	0
Largest quantiy in any meal in a day:													
Average for users-----------grams---		81.0											
Maximum-----------------------do----		340											
Proportion of total sample using specified amounts, in grams:													
1- 19-----------------percent--	1 small link = 15 g	.5	.5	.4	.7	.5	.6	.1	.6	.5	.5	.4	0
20- 39--------------------do----	1 med. link = 35 g	1.2	2.1	1.8	1.2	.7	1.9	1.4	1.3	.7	.8	1.3	.8
40- 69--------------------do----	1/2 patty = 43 g	1.3	1.2	1.0	.5	1.4	.9	1.6	1.2	1.4	1.6	1.3	1.0
70-129--------------------do----	1 patty = 85 g	1.7	.9	1.5	.7	2.1	1.1	2.6	1.5	2.1	2.0	1.1	.5
130-209--------------------do----	2 patties = 170 g	.7	.3	.4	.3	1.4	.7	1.7	.6	.9	.8	1.3	.3
210-340--------------------do----	8 med. links = 280 g	.3	0	.4	0	0	.4	.3	.1	.5	.2	.9	.2

1/ Data from Survey of Food Intake of Individuals, excluding children under 3 years of age. Only half of the adults 20 to 64 years of age were asked to supply information. To provide the proper representation, the numbers of person in sex-age groups within this range were doubled for this table. Includes fresh bulk and links, smoked, and country style, sausages, cooked. (1 oz equals 28.35 g.) Item may not add to totals because of rounding.

2/ Less than 0.05 percent.

Frankfurters were included in 7.4 percent of the one-day diets, being most popular among children and teenagers and less popular among the elderly (table 10). A little less than one-half of the consumers had servings in the 30- to 57-g interval (assuming one frankfurter weighed 45 g), but about one-third had servings in the 58- to 105-g interval (which would include two frankfurters). Teenage boys and men below 65 years were likely to have more than one frankfurter. The average for users in a day (84.6 g) was almost two frankfurters (90 g).

Bologna was slightly more popular than frankfurters, being consumed by 8 percent of those sampled (table 11). It was most frequently included in diets of children and younger men and least frequently in diets of those 65 to 74 years. Servings in the interval including one slice (28 g) were most common, being influenced by the children's usage. Meals of male teenagers and adults under 65 years of age were much more likely to include more than one slice of bologna and brought the average for users in one meal (56.2 g) up almost to two slices (57 g).

All other lunchmeats combined (except bologna and boiled ham) were eaten by 9.3 percent of the individuals 3 years of age and over (table 12).3/ They were more often included in meals of males than females, especially among men 20 to 54 years old. Servings in the interval 30 to 57 g (2 slices often weigh 57 g) occurred for most age groups more often than servings in adjacent intervals. But larger servings were not uncommon. Among men in the 65- to 74- age span, 1.5 percent consumed over six slices (28 g or about 1 oz each) of these lunchmeats in the day, compared with 6.6 percent who consumed smaller amounts. No one reported lunchmeat in more than two meals in a day.

3/ Among the lunchmeats included were Braunschweiger, liverwurst, luncheon loaves, and salami.

TABLE 10.--Frankfurters consumed in a day by selected sex-age groups, United States, spring 1965[1]

Item and unit	Common measure and weight equivalent in grams	Total sample, weighted	Selected sex-age groups (M = male, F = female)											
			3-5 years M and F	9-11 years		15-17 years		20-34 years		35-54 years		65-74 years	
				M	F	M	F	M	F	M	F	M	F
Individuals sampled, weighted number---		17,810	1,397	663	597	561	532	1,396	1,676	2,050	2,444	450	599
Percent consuming on day surveyed----		7.4	9.8	11.0	10.6	9.6	9.4	6.6	6.0	4.9	6.1	4.0	3.2
Quantity consumed in day:													
Average for users------------grams---		84.6											
Maximum-------------------------do----		488											
Proportion of total sample using specified amounts, in grams:													
1- 29--------------------percent--	1/2 frank.[2]= 23 g	.2	.6	0	.2	0	.2	0	0	.2	.2	0	0
30- 57-----------------------do----	1 frank. = 45 g	3.4	6.9	5.9	5.4	2.0	4.3	1.7	3.1	.8	3.4	1.3	2.2
58-105-----------------------do----	2 franks. = 90 g	2.4	1.9	4.2	3.7	3.9	3.6	1.9	1.7	2.2	1.7	1.6	.8
106-177----------------------do----	3 franks. = 135 g	1.0	.2	.3	1.0	2.5	1.3	2.3	.6	1.2	.6	.7	.2
178-347----------------------do----	5 franks. = 225 g	.4	.1	.6	.3	1.2	0	.6	.6	.5	.1	.4	0
348-488----------------------do----	10 franks. = 450 g	(2/)	0	0	0	0	0	.1	0	0	0	0	0
Number of times consumed in the day:													
Average for users------------number--		1.0											
Maximum-------------------------do----		4											
Proportion of sample using:													
Once----------------------percent--		7.1	9.3	10.8	10.0	9.3	9.0	6.3	5.5	4.7	5.8	4.0	3.0
Twice-------------------------do----		.3	.4	.2	.5	.4	.4	.3	.5	.2	.2	0	.2
Three times-------------------do----		0	0	0	0	0	0	0	0	0	0	0	0
Four times--------------------do----		(2/)	.1	0	0	0	0	0	0	0	0	0	0
Largest quantity in any meal in a day:													
Average for users------------grams---		82.0											
Maximum-------------------------do----		315											
Proportion of total sample using specified amounts, in grams:													
1- 29--------------------percent--	1/2 frank. = 23 g	.2	.6	0	.2	0	.2	0	0	.2	.2	1.3	0
30- 57-----------------------do----	1 frank. = 45 g	3.5	7.3	6.0	5.7	2.0	4.7	1.7	3.3	.8	3.7	1.6	2.3
58-105-----------------------do----	2 franks. = 90 g	2.3	1.7	4.1	3.7	3.9	3.4	1.9	1.7	2.4	1.5	.7	.7
106-177----------------------do----	3 franks. = 135 g	.9	.1	.3	.6	2.6	1.1	2.4	.5	1.0	.6	.4	.2
178-315----------------------do----	5 franks. = 225 g	.3	0	.3	.3	1.1	0	.6	.5	.5	.1	0	0

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[1] Data from Survey of Food Intake of Individuals, excluding children under 3 years of age. Only half of the adults 20 to 64 years of age were asked to supply information. To provide the proper representation, the numbers of persons in sex-age groups within this range were doubled for this table. Includes cooked frankfurters, hotdogs and wieners. When portion size was not specified, an estimate of 45 g was used. (1 oz equals 28.35 g.)

[2] Abbreviation, frank., is used for frankfurter.

[3] Less than 0.05 percent.

TABLE 11.--Bologna consumed in a day by selected sex-age groups, United States, spring 1965[1/]

Item and unit	Common measure and weight equivalent in grams	Total sample, weighted	Selected sex-age groups (M = male, F = female)										
			3-5 years M and F	9-11 years		15-17 years		20-34 years		35-54 years		65-74 years	
				M	F	M	F	M	F	M	F	M	F
Individuals sampled, weighted number--		17,810	1,397	663	597	561	532	1,396	1,676	2,050	2,444	450	599
Percent consuming on day surveyed---		8.0	12.0	10.6	9.2	10.5	7.3	11.0	6.8	8.4	5.6	4.7	3.3
Quantity consumed in day:													
Average for users-----------grams---		59.1											
Maximum-----------------------do----		448											
Proportion of total sample suing specified amounts, in grams:													
1- 29------------------percent--	1 slice = 28 g	3.6	8.2	6.2	4.8	1.6	4.5	3.4	3.6	2.1	2.8	1.6	1.5
30- 57---------------------do----	2 slices = 57 g	2.7	2.5	2.7	3.8	5.3	1.1	3.9	2.2	3.1	1.7	1.6	1.2
58-105---------------------do----	3 slices = 85 g	.6	.3	.3	.3	1.6	.9	1.0	.2	.9	.4	.7	.3
106-129---------------------do----	1/4 lb = 113 g	.6	.4	.9	0	.5	0	2.1	.5	1.2	.4	.4	.2
130-177---------------------do----	6 slices = 170 g	.1	.1	.2	0	1.1	.2	0	0	.2	0	.2	.2
178-279---------------------do----	8 slices = 227 g	.3	.5	.2	.2	0	.4	.3	.2	.5	.3	0	0
280-448---------------------do----	11 slices = 312 g	.1	.1	.2	0	.3	.2	.3	0	.3	0	.2	0
Number of times consumed in the day:													
Average for users-----------number--		1.0											
Maximum-----------------------do----		3											
Proportion of sample using:													
Once---------------------percent--		7.6	11.7	10.1	8.7	9.1	6.6	11.0	6.3	7.9	5.5	4.0	3.2
Twice-----------------------do----		.4	.4	.4	.5	1.4	.8	0	.5	.5	.2	.7	.2
Three times-----------------do----		(2/)	0	0	0	0	0	0	0	0	0	0	0
Largest quantity in any meal in a day:													
Average for users-----------grams---		56.2											
Maximum-----------------------do----		336											
Proportion of total sample using specified amounts, in grams:													
1- 29------------------percent--	1 slice = 28 g	3.7	8.5	6.2	5.4	2.0	4.5	3.4	3.8	2.1	2.9	1.6	1.5
30- 57---------------------do----	2 slices = 57 g	2.7	2.3	3.2	3.3	5.3	1.5	3.9	2.1	3.4	1.6	2.0	1.2
58-105---------------------do----	3 slices = 85 g	.5	.3	.2	.3	1.6	.6	1.0	.4	.9	.4	.7	.5
106-129---------------------do----	1/4 lb = 113 g	.6	.3	.6	0	.5	.2	2.1	.2	1.0	.4	.2	.2
130-177---------------------do----	6 slices = 170 g	.1	.1	.2	0	.7	.2	0	0	.2	.1	0	0
178-279---------------------do----	8 slices = 227 g	.2	.5	.2	.2	.2	.4	.3	.2	.5	.2	0	0
280-336---------------------do----	11 slices = 312 g	.1	.1	.2	0	.2	0	.3	0	.3	0	.2	0

[1/] Data from Survey of Food Intake of Individuals, excluding children under 3 years of age. Only half of the adults 20 to 64 years of age were asked to supply information. To provide the proper representation, the numbers of persons in sex-age groups within this range were doubled for this table. When portion size was not specified, an estimate of 28 g was used. (1 oz equals 28.35 g.) Items may not add to totals because of rounding.

[2/] Less than 0.05 percent.

TABLE 12.--Other lunchmeats consumed in a day by selected sex-age groups, United States, spring 1965[1]

Item and unit	Common measure and weight equivalent in grams	Total sample, weighted	Selected sex-age groups (M = male, F = female)										
			3-5 years M and F	9-11 years		15-17 years		20-34 years		35-54 years		65-74 years	
				M	F	M	F	M	F	M	F	M	F
Individuals sampled, weighted number--		17,810	1,397	663	597	561	532	1,396	1,676	2,050	2,444	450	599
Percent consuming on day surveyed---		9.3	7.3	9.2	8.7	10.5	7.3	14.0	11.1	12.5	7.3	8.2	6.2
Quantity consumed in day:													
Average for users-----------grams---		75.7											
Maximum-----------------------do----		560											
Proportion of total sample using specified amounts, in grams:													
1- 29------------------percent--	1 slice = 28 g	2.6	3.4	2.9	2.7	2.1	1.9	1.9	4.8	2.3	2.7	1.3	2.5
30- 57---------------------do----	2 slices = 57 g	3.1	2.1	3.6	4.5	2.7	2.8	4.7	3.6	4.1	1.9	3.3	1.0
58-105---------------------do----	3 slices = 85 g	1.4	.6	1.4	.7	2.0	1.5	2.7	1.4	2.0	1.3	1.1	1.2
106-129--------------------do----	1/4 lb = 113 g	1.0	.2	1.2	.3	2.3	0	2.4	.7	2.0	.6	.7	.7
130-177--------------------do----	5 slices = 142 g	.5	.7	.2	.2	.3	.6	1.0	.3	.9	.2	.2	.3
178-279--------------------do----	1/2 lb = 227 g	.6	.3	0	.3	.9	.6	.8	.2	1.1	.6	1.3	.5
280-560--------------------do----	1 lb = 454 g	.1	.1	0	0	.2	0	.4	0	.1	0	.2	0
Number of times consumed in the day:													
Average for users----------number---		1.1											
Maximum-----------------------do----		4											
Proportion of sample using:													
Once--------------------percent--		8.8	6.9	8.6	8.2	10.0	7.1	12.2	10.6	11.7	7.0	7.6	5.8
Twice-----------------------do----		.5	.4	.6	.5	.7	.2	1.9	.5	.8	.2	.7	.3
Three times-----------------do----		(2/)	0	0	0	0	0	0	0	0	0	0	0
Four times------------------do----		(2/)	0	0	0	0	0	0	0	0	0	0	0
Largest quantity in any meal in a day:													
Average for users-----------grams---		71.6											
Maximum-----------------------do----		448											
Proportion of total sample using specified amounts, in grams:													
1- 29------------------percent--	1 slice = 28 g	2.7	3.4	2.9	2.7	2.1	2.1	1.8	4.9	2.6	2.8	1.3	1.6
30- 57---------------------do----	2 slices = 57 g	3.2	2.1	4.2	4.8	3.0	2.6	5.6	3.7	3.8	1.9	3.3	.8
58-105---------------------do----	3 slices = 85 g	1.4	.5	1.0	.3	2.0	1.5	2.7	1.4	2.1	1.2	1.6	1.3
106-129--------------------do----	1/4 lb = 113 g	1.0	.3	.9	.3	2.0	0	2.0	.6	2.2	.6	.4	.7
130-177--------------------do----	5 slices = 142 g	.4	.7	.2	.2	.3	.6	.8	.2	.6	.2	.2	.2
178-279--------------------do----	1/2 lb = 227 g	.6	.3	0	.3	1.1	.6	.7	.2	1.1	.6	1.1	.5
280-448--------------------do----	3/4 lb = 340 g	.1	0	0	0	0	0	.3	0	0	0	.2	0

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[1] Data from Survey of Food Intake of Individuals, excluding children under 3 years of age. Only half of the adults 20 to 64 years of age were asked to supply information. To provide the proper representation, the numbers of persons in sex-age groups within this range were doubled for this table. Includes all lunchmeats except cured and boiled ham, bologna, and sausage. When portion size was not specified, an estimate of 28 g was usually used. (1 oz equals 28.35 g.) Items may not add to totals because of rounding.

[2] Less than 0.05 percent.

LEGUMES

Cooked dried beans were tabulated in two groups: (1) Those with added ingredients such as pork and beans, baked beans, chili beans and barbecue beans (table 13) and those without other ingredients, such as navy beans, pinto beans, black beans, brown beans, and red Mexican beans (table 14). The two groups were almost equally popular, being eaten by about 6.1 and 5.5 percent, respectively.

The pork and bean group was more popular among children 3 to 5 years, boys 9 to 11 years, and men 20 to 34 years than other sex-age groups and least popular among elderly people. Servings in the interval, 30 to 71 g (about 1/8 to 1/4 cup) were most frequent. The average of the largest portions consumed by users was 154.5 g.

The other group of cooked dried beans, mostly navy beans, was somewhat less popular than the pork and bean group among children but more favored by the elderly. The serving sizes varied considerably, with the largest serving in a day for almost equal proportions falling in each of the four intervals between 1/4 cup and 1-1/2 cups. More than one-half of the male users 20 to 34 years of age consumed around 1 cup or more. Of the teenage boys 2 percent had beans from this group twice in a day. Slightly more girls and young women ate these legumes than their male peers. If a serving size was not specified, it was given the quantity for 1/2 cup or 90 g. The average of the largest portions in any meal was 129.4 g, just over 2/3 cup (120 g).

The popularity of peanut butter is indicated by its inclusion in 9 percent of the 1-day diets of those 3 years of age and over (table 15). Most popular among children, peanut butter was consumed by 19.0 percent of the 3- to 5-year old boys and girls and by 19.2 percent of the 9- to 11-year old boys. Adults ate considerably less, for example, only 3.2 percent by women 35 to 54 years of age. Almost one in seven of the 9- to 11-year old boys ate peanut butter at more than one meal. Moreover, they consumed substantial amounts, as indicated by the fact that almost one-half of their larger servings were 3 tablespoons or more. Of the 15- to 17-year old males, 1.8 percent had over one-half cup in one meal. The most frequent serving sizes were around 2 to 3 tablespoons, the average of the largest portions in any one meal being 47.4 g or just about 3 tablespoons.

TABLE 13.--Pork and beans, baked beans, chili beans and barbecue beans consumed in a day by selected sex-age groups, United States, spring 1965[1]

Item and unit	Common measure and weight equivalent in grams	Total sample, weighted	Selected sex-age groups (M = male, F = female) 3-5 years M and F	9-11 years M	9-11 years F	15-17 years M	15-17 years F	20-34 years M	20-34 years F	35-54 years M	35-54 years F	65-74 years M	65-74 years F
Individuals sampled, weighted number---		17,810	1,397	663	597	561	532	1,396	1,676	2,050	2,444	450	599
Percent consuming on day surveyed----		6.1	8.1	8.6	7.2	7.1	6.0	9.8	5.8	6.2	3.8	2.7	1.7
Quantity consumed in day:													
Average for users------------grams---		163.4											
Maximum------------------------do----		1,044											
Proportion of total sample using specified amounts, in grams:													
1- 29------------------percent--	1 tbsp = 16 g	.1	1.0	.2	.2	0	0	0	0	0	0	0	0
30- 71--------------------do----	1/4 cup = 65 g	1.0	2.4	1.4	1.8	.5	1.5	.7	.7	.5	1.2	.2	.3
72- 133-------------------do----	1/2 cup = 130 g	2.2	2.8	3.3	2.7	1.6	2.4	2.8	2.5	2.1	1.5	1.1	1.0
134- 243------------------do----	2/3 cup = 174 g	1.4	.9	2.6	1.7	2.0	.9	2.3	1.8	1.5	.7	.9	.2
244- 373------------------do----	1 cup = 261 g	.8	.7	.6	.7	1.6	.9	2.4	.2	1.0	.3	.4	.2
374-1044------------------do----	2 cups = 522 g	.4	.1	.6	.2	1.2	.2	1.4	.6	1.1	.1	0	0
Number of times consumed in the day:													
Average for users-----------number---		1.1											
Maximum------------------------do----		2											
Proportion of sample using:													
Once--------------------percent--		5.8	7.6	8.3	7.0	6.8	6.0	9.3	5.4	5.6	3.8	2.4	1.7
Twice-----------------------do----		.3	.5	.3	.2	.4	0	.4	.5	.6	.1	.2	0
Largest quantity in any meal in a day:													
Average for users------------grams---		154.5											
Maximum------------------------do----		693											
Proportion of total sample using specified amounts, in grams:													
1- 29------------------percent--	1 tbsp = 16 g	.1	1.0	.2	.2	0	0	0	0	0	0	0	0
30- 71--------------------do----	1/4 cup = 65 g	1.0	2.4	1.4	1.3	.5	1.5	.7	.8	.6	1.3	.2	.3
72-133--------------------do----	1/2 cup = 130 g	2.2	3.1	3.3	2.7	1.6	2.4	2.8	2.6	2.0	1.4	1.1	1.0
134-243-------------------do----	2/3 cup = 174 g	1.3	.9	1.6	1.8	2.3	.9	2.6	1.8	1.6	.7	.9	.2
244-373-------------------do----	1 cup = 261 g	.8	.5	.6	.5	1.6	.9	2.3	.5	1.4	.3	.4	.2
374-693-------------------do----	2 cups = 522 g	.3	.1	.6	.2	1.1	.2	1.3	.2	.6	.1	0	0

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[1] Data from Survey of Food Intake of Individuals, excluding children under 3 years of age. Only half of the adults 20 to 64 years of age were asked to supply information. To provide the proper representation, the numbers of persons in sex-age groups within this range were doubled for this table. Includes pork and beans, canned beans without pork, chili and barbecue beans (cooked dried beans with a sauce or added ingredient). When portion size was not specified, an estimate of 130 g was used. (1 oz equals 28.35 g.) Items may not add to totals because of rounding.

TABLE 14.-- Cooked white and other dry beans consumed in a day by selected sex-age groups, United States, spring 1965[1]

Item and unit	Common measure and weight equivalent in grams	Total sample, weighted	Selected sex-age groups (M = male, F = female)										
			3-5 years M and F	9-11 years		15-17 years		20-34 years		35-54 years		65-74 years	
				M	F	M	F	M	F	M	F	M	F
Individuals sampled, weighted number--		17,810	1,397	663	597	561	532	1,396	1,676	2,050	2,444	450	599
Percent consuming on day surveyed----		5.5	6.4	5.1	6.7	6.6	7.3	4.4	5.0	5.9	4.4	4.2	3.3
Quantity consumed in day:													
Average for users------------grams---		145.4											
Maximum-----------------------do----		720											
Proportion of total sample using specified amounts, in grams:													
1- 35------------------percent--	1 tbsp = 11 g	.4	.9	.6	1.0	0	.6	0	.3	.1	.4	.2	.3
36- 71---------------------do----	1/4 cup = 45 g	1.1	2.5	.4	1.5	1.1	1.3	.7	1.1	.5	.9	.7	.7
72-103---------------------do----	1/2 cup = 90 g	1.0	1.3	.6	.8	1.2	1.3	.7	1.0	1.4	1.2	.9	.8
104-163---------------------do----	2/3 cup = 120 g	1.1	.8	1.2	1.3	.9	2.1	.4	.7	1.4	1.1	.7	.5
164-283---------------------do----	1 cup = 180 g	1.4	.9	2.1	1.3	2.1	1.7	2.3	1.5	1.4	.6	1.3	1.0
284-587---------------------do----	2 cups = 360 g	.4	0	.2	.7	1.2	.2	.3	.4	.9	.2	.4	0
588-720---------------------do----	4 cups = 720 g	.1	0	0	0	.4	0	0	0	0	.1	0	0
Number of times consumed in the day:													
Average for users-----------number---		1.2											
Maximum-----------------------do----		2											
Proportion of sample using:													
Once---------------------percent--		4.6	5.6	3.8	5.7	4.6	5.6	4.3	4.8	4.9	3.8	3.1	2.3
Twice-----------------------do----		.9	.8	1.4	1.0	2.0	1.7	.1	.2	1.0	.6	1.1	1.0
Largest quantity in any meal in a day:													
Average for users------------grams---		129.4											
Maximum-----------------------do----		540											
Proportion of total sample using specified amounts, in grams:													
1- 35------------------percent--	1 tbsp = 11 g	.4	1.2	.6	1.0	0	.6	0	.3	.3	.4	.2	.5
36- 71---------------------do----	1/4 cup = 45 g	1.2	2.4	.6	2.0	1.2	1.5	.7	1.1	.4	1.1	.7	.8
72-103---------------------do----	1/2 cup = 90 g	1.2	1.6	1.2	1.0	1.6	2.2	.7	1.0	1.6	1.2	.9	.7
104-163---------------------do----	2/3 cup = 120 g	1.1	.4	1.2	1.0	1.2	1.7	.4	1.0	1.8	1.2	1.1	.8
164-283---------------------do----	1 cup = 180 g	1.2	.8	1.5	1.0	1.8	1.3	2.3	1.3	1.3	.4	1.1	.5
284-540---------------------do----	2 cups = 360 g	.3	0	0	.7	.7	0	.3	.4	.5	.1	.2	0

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[1] Data from Survey of Food Intake of Individuals, excluding children under 3 years of age. Only half of the adults 20 to 64 years of age were asked to supply information. To provide the proper representation, the numbers of persons in sex-age groups within this range were doubled for this table. Excludes pork and beans, baked beans, chili beans. Includes common white beans such as navy beans; pinto, calico or red Mexican beans; black, brown or bayo beans. When portion size was not specified, an estimate of 90 g was used. (1 oz equals 28.35 g.) Items may not add to totals because of rounding.

TABLE 15.--Peanut butter consumed in a day by selected sex-age groups, United States, spring 1965[1/]

Item and unit	Common measure and weight equivalent in grams	Total sample, weighted	Selected sex-age groups (M = male, F = female)											
			3-5 years M and F	9-11 years		15-17 years		20-34 years		35-54 years		65-74 years		
				M	F	M	F	M	F	M	F	M	F	
Individuals sampled, weighted number--		17,810	1,397	663	597	561	532	1,396	1,676	2,050	2,444	450	599	
Percent consuming on day surveyed---		9.0	19.0	19.2	16.4	13.9	8.3	6.9	4.8	5.4	3.2	4.7	3.8	
Quantity consumed in day:														
Average for users----------grams---		50.7												
Maximum----------------------do----		576												
Proportion of total sample using specified amounts, in grams:														
1- 11-----------------percent--	1 tsp = 5 g	1.0	2.6	1.2	2.5	1.4	.9	.7	.6	.3	.9	.7	.7	
12- 29--------------------do----	1 tbsp = 16 g	1.7	3.1	2.9	2.8	.2	1.1	1.0	1.9	1.5	.7	1.6	1.7	
30- 47--------------------do----	2 tbsp = 32 g	2.4	5.6	5.3	3.8	2.8	2.6	1.0	1.5	1.2	1.1	1.6	.7	
48- 71--------------------do----	1/4 cup = 64 g	2.2	4.6	5.1	4.8	3.9	2.4	2.4	.3	1.2	.3	.9	.7	
72-133--------------------do----	1/2 cup = 128 g	1.2	2.3	2.9	1.5	3.6	.8	1.4	.2	.8	.2	0	.2	
134-203--------------------do----	2/3 cup = 170 g	.5	.6	1.5	.7	1.6	.2	.1	.1	.5	0	0	0	
204-576--------------------do----	1 cup = 256 g	.1	0	.3	.2	.3	.2	.1	0	0	0	0	0	
Number of times consumed in the day:														
Average for users---------number---		1.1												
Maximum----------------------do----		4												
Proportion of sample using:														
Once--------------------percent--		8.3	17.8	16.6	14.9	12.5	7.9	6.0	4.8	5.0	3.2	4.4	3.7	
Twice----------------------do----		.6	1.1	2.4	1.3	1.4	.2	.7	0	.2	0	0	.2	
Three times----------------do----		0	.1	.2	.2	0	.2	.1	0	.1	0	.2	0	
Four times-----------------do----		(2/)	0	0	0	0	0	0	0	0	0	0	0	
Largest quantity in any meal in a day:														
Average for users----------grams---		47.4												
Maximum----------------------do----		192												
Proportion of total sample using specified amounts, in grams:														
1- 11-----------------percent--	1 tsp = 5 g	1.0	1.8	1.4	2.5	1.4	.9	.7	.6	.3	.9	.9	.7	
12- 29--------------------do----	1 tbsp = 16 g	1.8	3.4	3.5	2.8	.4	1.1	1.0	1.9	1.5	.7	1.3	1.9	
30- 47--------------------do----	2 tbsp = 32 g	2.3	5.4	4.5	4.2	2.7	2.6	1.0	1.5	1.1	1.1	1.6	.5	
48- 71--------------------do----	1/4 cup = 64 g	2.2	4.7	5.6	4.8	4.4	2.4	2.8	.3	1.3	.3	.9	.7	
72-133--------------------do----	1/2 cup = 128 g	1.2	2.1	2.9	1.2	3.2	.8	1.1	.2	.8	.2	0	.2	
134-192--------------------do----	2/3 cup = 170 g	.4	.6	1.4	.7	1.8	.4	.1	.1	.4	0	0	0	

[1/] Data from Survey of Food Intake of Individuals, excluding children under 3 years of age. Only half of the adults 20 to 64 years of age were asked to supply information. To provide the proper representation, the numbers of persons in sex-age groups within this range were doubled for this table. When portion size was not specified, an estimate of 32 g was used. (1 oz equals 28.35 g.) Items may not add to totals because of rounding.

[2/] Less than 0.05 percent.

PASTES

Information on consumption of cooked pastes was tabulated in four groups: (1) Macaroni, noodles, and spaghetti--plain or buttered (table 16); (2) macaroni and spaghetti with tomatoes or cheese or both (table 17); (3) spaghetti with tomato and meat sauce or meat balls (table 18); and (4) ravioli and lasagna (table 19). The three most popular groups were (1) the plain or buttered pastes (4.8 percent), (2) macaroni or spaghetti with tomatoes or cheese or both (2.8 percent), and (3) the dishes with spaghetti and meat (2.8 percent).

The largest proportion of servings of the plain or buttered pastes (macaroni, noodles, and spaghetti) was in the interval including 1/2 to 2/3 cup portions. However, teenage, young adult, and elderly males were more likely to have servings of more than 1 cup (table 16). The average servings and the average amount consumed in a day by these users were about 1/2 cup (76 g).

The popularity of (1) macaroni and cheese and (2) spaghetti with tomatoes and cheese (table 17) was the same as for spaghetti with tomatoes and meat (table 18). The average serving size (170.1 g) was just over 3/4 cup, intermediate between the plain or buttered items and the spaghetti with meat. However, the most common serving size was in the interval including 1/2 cup, especially popular among young children, teenage girls (15 to 17 years of age), and young women. Boys and younger men more frequently consumed larger servings. Almost all users reported eating pastes only once on the day of the survey.

The servings of spaghetti with tomato and meat sauce or with tomato sauce and meat balls were substantially larger than those for the plain paste dishes (table 18). Servings in the 189- to 250-g interval (3/4 to 1 cup) were reported most frequently. However, substantial numbers of teenage and adult males consumed over 1-1/2 cups. For individuals 3 years of age and over who ate these dishes the average reported was 261.7 g (slightly over 1 cup).

Less than 1 percent of the individuals consumed ravioli or lasagna (table 19). Ravioli and lasagna were consumed more often by 9- to 11-year old girls than by other sex-age groups. The average largest portion consumed per user (202.5 g) was a little more than 3/4 cup; but the serving sizes varied widely. About equal numbers reported servings in the intervals with 1/2, 3/4, 1, and more than 1 cup.

TABLE 16.--Macaroni, noodles, and spaghetti--plain or buttered consumed in a day by selected sex-age groups, United States, spring 1965[1]

Item and unit	Common measure and weight equivalent in grams	Total sample, weighted	Selected sex-age groups (M = male, F = female)										
			3-5 years M and F	9-11 years		15-17 years		20-34 years		35-54 years		65-74 years	
				M	F	M	F	M	F	M	F	M	F
Individuals sampled, weighted number		17,810	1,397	663	597	561	532	1,396	1,676	2,050	2,444	450	599
Percent consuming on day surveyed		4.8	6.5	5.4	6.4	3.6	5.3	4.7	5.1	4.0	4.5	3.1	3.5
Quantity consumed in day:													
Average for users----grams		76.8											
Maximum----do		654											
Proportion of total sample using specified amounts, in grams:													
1- 50----percent	1/3 cup = 48 g[2]	.7	2.0	.3	1.0	.2	.6	.3	.6	.1	.9	.4	0
51-110----do	2/3 cup = 97 g	2.0	3.3	2.8	2.0	.7	2.4	1.0	2.1	1.7	2.2	1.1	2.5
111-160----do	1 cup = 145 g	1.2	.8	1.6	2.8	1.8	1.8	1.6	1.4	1.1	.7	1.3	1.0
161-290----do	1-1/2 cups = 218 g	.7	.4	.3	.5	.5	.4	1.3	.7	.8	.5	.2	0
291-590----do	3 cups = 435 g	.2	.1	.3	0	.3	0	.4	.2	.3	.2	0	0
591-654----do	4-1/2 cups = 653 g	(3/)	0	0	0	0	0	0	0	0	0	0	0
Number of times consumed in the day:													
Average for users----number		1.0											
Maximum----do		2											
Proportion of sample using:													
Once----percent		4.6	6.2	5.1	6.4	3.4	4.9	4.3	5.1	3.7	4.5	2.9	3.2
Twice----do		.2	.3	.3	0	.2	.4	.4	0	.3	0	.2	.3
Largest quantity in any meal in a day:													
Average for users----grams		76.3											
Maximum----do		654											
Proportion of total sample using specified amounts, in grams:													
1- 50----percent	1/3 cup = 48 g	.7	1.9	.3	1.0	.2	.6	.3	.6	.1	.9	.4	.3
51-110----do	2/3 cup = 97 g	2.0	3.3	3.0	2.0	.7	2.4	1.1	2.1	1.8	2.2	1.1	2.2
111-160----do	1 cup = 145 g	1.2	1.0	1.6	2.8	2.0	2.0	1.4	1.4	1.2	.7	1.6	1.0
161-290----do	1-1/2 cups = 218 g	.6	.2	.3	.5	.3	.2	1.3	.7	.6	.5	0	0
291-590----do	3 cups = 435 g	.2	0	.1	0	.3	0	.6	.2	.3	.2	0	0
591-654----do	4-1/2 cups = 653 g	(3/)	0	0	0	0	0	.1	0	0	0	0	0

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[1] Data from Survey of Food Intake of Individuals, excluding children under 3 years of age. Only half of the adults 20 to 64 years of age were asked to supply information. To provide the proper representation, the numbers of persons in sex-age groups within this range were doubled for this table. Includes plain or buttered macaroni, vermicelli, noodles, egg noodles, fried noodles, spaghetti. When portion size was not specified, an estimate of 109 g was used for macaroni and spaghetti (1 cup = 145 g) and 120 g for noodles (1 cup = 160 g). Items may not add to totals because of rounding.

[2] Amounts refer to macaroni and spaghetti; the most frequently reported items.

[3] Less than 0.05 percent.

TABLE 17.--Macaroni or spaghetti with tomatoes or cheese or both consumed in a day by selected sex-age groups, United States, Spring 1965[1/]

Item and unit	Common measure and weight equivalent in grams	Total sample, weighted	Selected sex-age groups (M - male, F - female)										
			3-5 years	9-11 years		15-17 years		20-34 years		35-54 years		65-74 years	
			M and F	M	F	M	F	M	F	M	F	M	F
Individuals sampled, weighted number--		17,810	1,397	663	597	561	532	1,396	1,676	2,050	2,444	450	599
Percent consuming on day surveyed---		2.8	3.2	3.9	2.5	3.4	3.0	3.9	3.0	2.4	2.3	1.6	1.7
Quantity consumed in day:													
Average for users-----------grams---		173.8											
Maximum-------------------------do----		880											
Proportion of total sample using specified amounts, in grams:													
1- 64------------------percent--	1/4 cup = 55 g[2/]	.4	.9	.8	.3	0	.4	.3	.2	.3	.4	0	0
65-125--------------------do----	1/2 cup = 110 g	.8	1.3	.6	.5	0	1.3	1.0	1.5	.6	.5	.4	.8
126-188--------------------do----	3/4 cup = 165 g	.5	.6	.9	.5	1.1	.6	.6	.3	.7	.4	.7	0
189-250--------------------do----	1 cup = 220 g	.7	.3	1.4	1.0	1.6	.4	1.1	.6	.4	.5	.4	.7
251-376--------------------do----	1-1/2 cups = 330 g	.2	.1	.2	0	.2	0	.3	.2	.3	.3	0	.2
377-880--------------------do----	3 cups = 660 g	.2	0	.2	.2	.5	.4	.6	.1	.2	.2	0	0
Number of times consumed in the day:													
Average for users----------number---		1.0											
Maximum----------------------do----		2											
Proportion of sample using:													
Once-------------------percent--		2.7	3.1	3.8	2.5	2.8	3.0	3.9	3.0	2.2	2.3	1.3	1.7
Twice----------------------do----		.1	.1	.2	0	.5	0	0	.1	.2	0	.2	0
Largest quantity in any meal in a day:													
Average for users-----------grams---		170.1											
Maximum-----------------------do----		880											
Proportion of total sample using specified amounts, in grams:													
1- 64------------------percent--	1/4 cup = 55 g	.4	1.0	.8	.3	0	.4	.3	.2	.3	.4	0	0
65-125---------------------do----	1/2 cup =110 g	.8	1.3	.6	.5	.3	1.3	1.0	1.5	.6	.5	.4	.8
126-188---------------------do----	3/4 cup = 165 g	.6	.6	1.0	.5	1.1	.6	.6	.3	.8	.4	.9	0
189-250---------------------do----	1 cup = 220 g	.7	.3	1.4	1.0	1.2	.4	1.1	.6	.5	.5	.2	.7
251-376---------------------do----	1-1/2 cups = 330 g	.1	.1	0	0	.4	0	.3	.2	.1	.3	0	.2
377-880---------------------do----	3 cups = 660 g	.2	0	.2	.2	.3	.4	.6	.1	.2	.2	0	0

[1/] Data from Survey of Food Intake of Individuals, excluding children under 3 years of age. Only half of the adults 20 to 64 years of age were asked to supply information. To provide the proper representation, the numbers of persons in sex-age groups within this range were doubled for this table. When portion size was not specified, an estimate of 165 g was used for baked macaroni and cheese (1 cup = 220 g) and 180 g for macaroni or spaghetti with tomatoes and cheese (1 cup = 240 g). Items may not add to totals because of rounding.

[2/] Amounts refer to baked macaroni and cheese; the most frequently reported item.

TABLE 18.--Spaghetti with tomato and meat sauce or meatballs consumed in a day by selected sex-age groups, United States, spring 1965[1/]

Item and unit	Common measure and weight equivalent in grams	Total sample, weighted	Selected sex-age groups (M = male, F = female)											
			3-5 years M and F	9-11 years		15-17 years		20-34 years		35-54 years		65-74 years	
				M	F	M	F	M	F	M	F	M	F
Individuals sampled, weighted number--		17,810	1,397	663	597	561	532	1,396	1,676	2,050	2,444	450	599
Percent consuming on day surveyed---		2.8	4.1	2.4	4.2	3.0	2.4	2.7	4.7	2.6	1.7	1.1	.7
Quantity consumed in day:													
Average for users----------grams----		261.7											
Maximum-----------------------do-----		940											
Proportion of total sample using specified amounts, in grams:													
1- 64-----------------percent---	1/4 cup = 63 g	.1	.1	0	.3	0	.6	0	.1	.1	.2	0	0
65-125-------------------do-----	1/2 cup = 125 g	.4	1.2	.4	1.0	.2	.4	.1	.6	.2	.4	.2	.2
126-188------------------do-----	3/4 cup = 188 g	.4	1.1	.4	.8	.4	0	.6	.9	.1	.2	0	.2
189-250------------------do-----	1 cup = 250 g	.9	1.1	1.2	1.2	.4	.9	.8	1.8	0	0	.7	.3
251-376------------------do-----	1-1/2 cups = 375 g	.3	.3	.3	.7	.7	0	.3	.4	.3	.3	.2	0
377-940------------------do-----	3 cups = 750 g	.5	.1	0	.2	1.4	.6	.8	.8	1.0	.1	0	0
Number of times consumed in the day:													
Average for users---------number----		1.0											
Maximum-----------------------do-----		3											
Proportion of sample using:													
Once------------------percent---		2.8	4.1	2.4	4.2	3.0	2.4	2.7	4.6	2.5	1.7	1.1	.7
Twice---------------------do-----		(2/)	0	0	0	0	0	0	0	.1	0	0	0
Three times---------------do-----		(2/)	0	0	0	0	0	0	0	0	0	0	0
Largest quantity in any meal in a day:													
Average for users----------grams----		260.2											
Maximum-----------------------do-----		940											
Proportion of total sample using specified amounts, in grams:													
1- 64-----------------percent---	1/4 cup = 63 g	.1	.1	0	.3	0	.6	0	.1	.1	.2	0	0
65-125-------------------do-----	1/2 cup = 125 g	.4	1.2	.4	1.0	.2	.4	.1	.6	.2	.4	.2	.2
126-188------------------do-----	3/4 cup = 188 g	.4	1.1	.4	.8	.4	0	.6	.9	.1	.2	0	.2
189-250------------------do-----	1 cup = 250 g	.9	1.1	1.2	1.2	.4	.9	0	1.8	.9	.7	.7	.3
251-376------------------do-----	1-1/2 cups = 375 g	.3	.3	.3	.7	.7	0	.3	.3	.4	.3	.2	0
377-940------------------do-----	3 cups = 750 g	.5	.1	0	.2	1.4	.6	.8	.8	1.0	.1	0	0

[1/] Data from Survey of Food Intake of Individuals, excluding children under 3 years of age. Only half of the adults 20 to 64 years of age were asked to supply information. To provide the proper representation, the numbers of persons in sex-age groups within this range were doubled for this table. When portion size was not specified, an estimate of 188 g was used. Items may not add to totals because of rounding.

[2/] Less than 0.05 percent.

TABLE 19.--Ravioli and lasagna consumed in a day by selected sex-age groups, United States, spring 1965[1]

Item and unit	Common measure and weight equivalent in grams	Total sample, weighted	Selected sex-age groups (M = male, F = female)											
			3-5 years M and F	9-11 years		15-17 years		20-34 years		35-54 years		65-74 years	
				M	F	M	F	M	F	M	F	M	F
Individuals sampled, weighted number--		17,810	1,397	663	597	561	532	1,396	1,676	2,050	2,444	450	599
Percent consuming on day surveyed---		.6	.6	.6	1.2	.4	.9	.6	.5	.4	.5	.4	.3
Quantity consumed in day:													
Average for users-----------grams---		206.2											
Maximum-----------------------do----		992											
Proportion of total sample using specified amounts, in grams:													
1- 64------------------percent--	1/4 cup = 63 g	(2/)	.1	0	0	0	.2	0	0	0	0	.2	.2
65-125--------------------do----	1/2 cup = 125 g	.2	.4	.2	.3	.2	0	.1	.2	.1	.2	0	0
126-188-------------------do----	3/4 cup = 188 g	.2	.1	0	.5	.2	.7	.3	.1	.1	.1	0	.2
189-250-------------------do----	1 cup = 250 g	(2/)	0	.4	.3	0	0	0	0	0	.2	0	0
251-376-------------------do----	1-1/2 cups = 375 g	.1	.1	0	0	0	0	.1	0	0	.1	0	0
377- 992 -----------------do----	3 cups = 750	(2/)	0	0	0	0	0	0	.1	.1	0	.2	0
Number of times consumed in the day:													
Average for users----------number---		1.0											
Maximum-----------------------do----		2											
Proportion of sample using:													
Once--------------------percent--		.5	.6	.6	1.2	.4	.8	.4	.5	.3	.5	.4	.3
Twice---------------------do----		(2/)	0	0	0	0	.2	.1	0	.1	0	0	0
Three times---------------do----													
Largest quantity in any meal in a day:													
Average for users-----------grams---		202.5											
Maximum-----------------------do----		992											
Proportion of total sample using specified amounts, in grams:													
1- 64------------------percent--	1/4 cup = 63 g	(2/)	.1	0	0	0	.2	0	0	0	0	.2	.2
65-125--------------------do----	1/2 cup = 125 g	.2	.4	.2	.3	.2	.2	.3	.2	.2	.2	0	0
126-188-------------------do----	3/4 cup = 188 g	.1	.1	0	.5	.2	.6	.1	.1	0	.1	0	.2
189-250-------------------do----	1 cup = 250 g	.1	0	.4	.3	0	0	0	0	0	.2	0	0
251-376-------------------do----	1-1/2 cups = 375 g	.1	.1	0	0	0	0	.1	0	0	.1	0	0
377-992 -------------------do----	3 cups = 750 g	.1	0	0	0	0	0	0	.1	.2	0	.2	0

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[1] Data from Survey of Food Intake of Individuals, excluding children under 3 years of age. Only half of the adults 20 to 64 years of age were asked to supply information. To provide the proper representation, the numbers of persons in sex-age groups within this range were doubled for this table. When portion size was not specified, an estimate of 140 g was used for ravioli; 85 g for lasagna. Items may not to totals because of rounding.

[2] Less than 0.05 percent.

RICE

Between 8 and 9 percent (8.5) consumed cooked rice, not including rice in mixed dishes, cold breakfast cereals, or soups (table 20). While 13 percent of children aged 3 to 5 years ate rice, only 7 percent of male adults less than 65 years did. The largest amount of rice consumed at any meal averaged 108.7 g (close to 2/3 of a cup). Out of the 7 percent of all the 35- to 54-year old men who ate rice, more than one-half ate over 3/4 cup. One percent ate rice twice on the survey day. Among women 65 to 74 years old, 1.5 percent ate rice at two meals.

HOT CEREALS

Hot cereals other than rice (cereals processed from corn, oats, and wheat) were reported in the 24-hour diets of 10.7 percent of the U.S. sample (table 21). They were most popular among the younger children (3 to 5 years) and men and women (65 to 74 years). Among the elderly people surveyed, 1 percent of the women and 0.9 percent of the men ate hot cereals twice in the day. The largest portions consumed in any meal averaged 168.1 g (about 2/3 cup). One-third of the men 65 to 74 years old who ate hot cereals (18.7 percent) had servings in the interval which included 1 cup.

TABLE 20.--Rice consumed in a day by selected sex-age groups, United States, spring 1965[1]

Item and unit	Common measure and weight equivalent in grams	Total sample, weighted	Selected sex-age groups (M = male, F = female)										
			3-5 years M and F	9-11 years		15-17 years		20-34 years		35-54 years		65-74 years	
				M	F	M	F	M	F	M	F	M	F
Individuals sampled, weighted number		17,810	1,397	663	597	561	532	1,396	1,676	2,050	2,444	450	599
Percent consuming on day surveyed		8.5	13.0	9.8	11.2	9.6	9.6	7.0	8.5	7.0	6.4	6.2	7.5
Quantity consumed in day:													
Average for users---grams		119.6											
Maximum---do		672											
Proportion of total sample using specified amounts, in grams:													
1- 50---percent	1/4 cup = 42 g[2]	1.4	4.9	1.2	2.0	.9	1.9	.6	1.6	.6	1.2	.9	.8
51- 90---do	1/3 cup = 60 g	2.3	4.0	3.6	3.7	1.2	2.0	1.0	2.6	1.4	1.6	.9	2.5
91-130---do	2/3 cup = 119 g	2.3	2.4	3.2	3.2	3.2	3.9	2.0	1.8	1.0	2.1	1.3	2.7
131-190---do	1 cup = 168 g	1.3	1.4	1.0	1.2	2.7	1.3	1.1	1.2	1.6	.7	1.8	.8
191-350---do	2 cups = 336 g	1.0	.2	.8	1.0	1.4	.4	2.1	.9	1.8	.7	1.3	.6
351-672---do	3 cups = 504 g	.1	.1	0	.2	.2	0	.1	.2	.5	0	0	0
Number of times consumed in the day:													
Average for users---number		1.1											
Maximum---do		2											
Proportion of sample using:													
Once---percent		7.5	11.8	8.6	9.9	8.2	9.2	6.3	7.3	5.8	5.6	5.5	6.0
Twice---do		1.0	1.2	1.2	1.3	1.4	.4	.7	1.2	1.2	.8	.9	1.5
Largest quantity in any meal in a day:													
Average for users---grams		108.7											
Maximum---do		504											
Proportion of total sample using specified amounts, in grams:													
1- 50---percent	1/4 cup - 42 g	1.5	5.1	1.2	2.3	1.0	1.9	.7	1.8	.6	1.4	.9	1.0
51- 90---do	1/3 cup = 60 g	2.4	4.4	4.2	3.7	1.6	2.2	.8	2.5	1.6	1.6	1.1	2.8
91-130---do	2/3 cup = 119 g	2.2	2.2	2.9	3.0	3.0	3.8	2.1	1.9	1.4	2.0	1.6	1.8
131-190---do	1 cup = 168 g	1.5	1.1	1.2	1.3	2.8	1.5	1.4	1.8	1.7	1.0	2.0	.7
191-350---do	2 cups = 336 g	.7	.2	.3	.8	1.1	.2	1.7	.5	1.6	.3	.7	.2
351-504---do	3 cups = 504 g	(3/)	0	0	0	0	0	.1	0	.9	0	0	0

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[1] Data from Survey of Food Intake of Individuals, excluding children under 3 years of age. Only half of the adults 20 to 64 years of age were asked to supply information. To provide the proper representation, the numbers of persons in sex-age groups within this range were doubled for this table. Includes plain and buttered regular and instant rice, brown and wild rice, cream of rice, and rice boiled with milk. Excludes rice mixtures such as Spanish rice. When portion size was not specified, an estimate of 126 g was used for regular rice; 113 g for instant rice. Items may not add to totals because of rounding.

[2] Amounts refer to plain white rice, the most frequently reported item.

[3] Less than 0.05 percent.

TABLE 21.--Hot cereals consumed in a day by selected sex-age groups, United States, spring 1965[1]

Item and unit	Common measure and weight equivalent in grams	Total sample, weighted	Selected sex-age groups (M = male, F = female)										
			3-5 years M and F	9-11 years		15-17 years		20-34 years		35-54 years		65-74 years	
				M	F	M	F	M	F	M	F	M	F
Individuals sampled, weighted number---		17,810	1,397	663	597	561	532	1,396	1,676	2,050	2,444	450	599
Percent consuming on day surveyed---		10.7	16.8	15.2	11.4	9.1	7.3	6.9	7.0	9.7	6.7	18.7	16.7
Quantity consumed in day:													
Average for users---grams---		172.6											
Maximum---do---		970											
Proportion of total sample suing specified amounts, in grams:													
1- 70---percent---	1/4 cup = 60 g[2]	1.3	3.4	1.6	1.8	.2	1.5	1.0	1.0	.7	1.2	.9	2.3
71-130---do---	1/2 cup = 120 g	2.7	6.0	3.6	2.8	1.5	2.2	1.3	1.3	1.9	2.3	3.5	4.7
131-190---do---	2/3 cup = 160 g	3.1	2.6	4.5	2.8	1.4	3.2	2.0	2.5	3.0	1.8	5.3	5.3
191-290---do---	1 cup = 240 g	2.6	3.1	4.2	3.3	3.2	.4	1.8	1.7	3.1	1.2	6.2	3.5
291-530---do---	1-1/2 cups = 360 g	.7	.6	1.0	.5	1.8	0	.7	.5	.9	.2	2.4	.8
531-970---do---	3 cups = 720 g	(3/)	0	.2	0	0	0	0	0	0	0	.2	0
Number of times consumed in the day:													
Average for users---number---		1.0											
Maximum---do---		3											
Proportion of sample using:													
Once---percent---		10.2	15.9	14.8	11.4	8.8	7.1	6.7	6.8	9.5	6.5	17.8	15.7
Twice---do---		.4	.8	.3	0	.4	.2	.1	.2	.2	.2	.9	1.0
Three times---do---		(3/)	0	.2	0	0	0	0	0	0	0	0	0
Largest quantity in any meal in a day:													
Average for users---grams---		168.1											
Maximum---do---		552											
Proportion of total sample using specified amounts, in grams:													
1- 70---percent---	1/4 cup = 60 g	1.4	3.6	1.8	1.8	.2	1.5	1.0	1.0	.7	1.1	.9	2.3
71-130---do---	1/2 cup = 120 g	2.9	6.1	3.8	2.8	2.5	2.4	1.3	1.4	2.0	2.4	3.5	5.0
131-190---do---	2/3 cup = 160 g	3.1	3.6	4.2	2.8	1.4	3.0	2.0	2.6	2.9	1.6	5.6	5.7
191-290---do---	1 cup = 240 g	2.6	2.8	4.4	3.3	3.6	.4	2.0	1.4	3.2	1.2	6.4	3.0
291-530---do---	1-1/1 cups = 360 g	.6	.6	.9	.5	1.4	0	.6	.5	.8	.2	2.2	.7
531-552---do---	3 cups = 720 g	(3/)	0	.2	0	0	0	0	0	0	0	0	0

1/ Data from Survey of Food Intake of Individuals, excluding children under 3 years of age. Only half of the adults 20 to 64 years of age were asked to supply information. To provide the proper representation, the numbers of persons in sex-age groups within this range were doubled for this table. Includes not cereals processed from corn, oats, and wheat, excludes rice. When portion size was not specified, an estimate of 164 g was used for corn grits and cream of wheat; 160 g for oatmeal. Items may not add to total because of rounding.

2/ Amounts refer to oatmeal, the most frequently reported of the hot cereals.

3/ Less than 0.05 percent.

READY-TO-EAT BREAKFAST CEREALS

About one-fourth of those 3 years of age and over ate some kind of ready-to-eat breakfast cereals (table 22). These cereals were most popular among children (44.9 percent of the 3- to 5-year olds), teenagers, and elderly people. The amounts eaten in one meal varied greatly around the 27.1 g average (nearly 1 oz), partly because of differences among kinds in weights per volume measure, like a cup, and partly because of the size of servings. The maximum number of times cereal was reported as eaten in the one day was seven.

Separate tabulations have been run for four categories based on approximate weight per cup. Examples of types and brand names in each weight category are given below. Grapenuts is the principal product falling outside the ranges of the four categories. In some instances, more than one kind of cold breakfast cereal was reported for the same day.

Category	Table	Approximate weight range	Kinds
A	23	15 to 20 g per cup	Puffed rice and wheat, Special K, Hi-Pro, Corn Kix
B	24	25 to 30 g per cup	Cheerios, Corn Chex, cornflakes, Rice Krispies, Total, Wheaties, Trix, Sugar Pops, Pep, and kinds not specified
C	25	35 to 40 g per cup	Heavier sugared types, 40 percent bran, Grapenut Flakes, Shredded Wheat
D	26	45 to 60 g per cup	Life, oat flakes, bran flakes, all-bran, Wheat Chex

The proportions of elderly men and women eating cereals in category A (15 to 20 g per cup) were larger than for other sex-age groups (table 23). The fact that some of these products are sold in plastic bags at relatively low prices may contribute to their popularity among the elderly, who often have low incomes. Largest servings of just over 1 cup were most frequent in any one meal.

The higher proportions of the population reporting consumption of breakfast cereals in category B (25 to 30 g per cup) reflects both the popularity of established products like cornflakes and Rice Krispies and the inclusion in this group of cold cereals whose kind was not specified on the report form (table 24). These breakfast cereals were eaten most frequently by children, teenagers, and elderly men. About one-half of the consumers of these products had the largest amount in any one meal in the range of 21 to 30 g (approximately 1 cup). This was the most common interval for all of the sex-age groups. Almost 4 percent of the boys ate double portions (around 2 cups), whereas 4.1 to 5.5 percent of the girls had servings in the 16 to 20 range (about 1/2 to 3/4 cup).

The cereals in category C (35 to 40 g per cup) were relatively more popular among young children than other age groups, being consumed by 10 percent of the 3 to 5 year olds (table 25). However, about 35 percent of the young children consumed other categories of ready-to-eat cereals. Servings in the 21- to 40-g range (1/2 to 1 cup) were reported most frequently by all the sex-age groups.

About 2 percent (1.8) of the individuals 3 years and over ate ready-to-eat cereals in category D (45 to 60 g per cup) which includes bran flakes and all-bran products (table 26). These cereals were relatively more popular among the elderly, particularly women, than for other sex-age groups. Even among these heavier products, servings in the intervals including one-half cup and one cup measures were most common.

TABLE 22.--All ready-to-eat breakfast cereals consumed in a day by selected sex-age groups, United States, spring 1965[1/]

Item and unit	Total sample, weighted	Selected sex-age groups (M = male, F = female)										
		3-5 years M and F	9-11 years		15-17 years		20-34 years		35-54 years		65-74 years	
			M	F	M	F	M	F	M	F	M	F
Individuals sampled, weighted number----	17,810	1,397	663	597	561	532	1,396	1,676	2,050	2,444	450	599
Percent consuming on day surveyed-----	25.3	44.9	41.6	37.4	26.6	19.6	14.0	12.8	16.7	15.5	29.6	21.5
Quantity consumed in day:												
Average for users---------grams--	28.4											
Maximum---------------------do---	342											
Proportion of total sample using specified amounts, in grams:												
1- 10---------------percent--	2.2	5.5	3.3	3.8	2.3	1.7	.6	1.4	1.2	1.4	3.3	3.0
11- 15------------------do----	2.7	5.7	3.1	3.4	2.3	1.9	1.3	1.7	1.2	2.1	1.9	2.5
16- 20------------------do----	3.8	8.2	5.0	6.7	2.1	4.5	.8	1.7	2.0	3.0	4.4	4.7
21- 25------------------do----	5.5	9.0	9.4	9.2	6.6	3.6	3.7	2.9	3.6	2.8	5.6	3.3
26- 30------------------do----	3.9	7.4	6.5	5.9	3.6	3.8	1.9	2.4	2.6	2.9	4.0	4.0
31- 40------------------do----	2.7	4.4	5.9	3.3	2.7	1.9	2.7	1.4	2.3	1.1	3.6	1.5
41- 60------------------do----	2.8	3.2	5.1	3.5	4.4	1.5	1.4	.7	2.4	1.6	3.6	1.8
61- 90------------------do----	1.0	1.1	2.4	1.2	1.6	0	1.1	.6	.9	.4	2.2	.5
91-342------------------do----	.4	.4	1.8	.3	.9	.7	.4	0	.3	0	0	.2
Number of times consumed in the day:												
Average for users--------number--	1.1											
Maximum---------------------do----	7											
Proportion of sample using:												
Once------------------percent--	25.1	42.5	38.7	35.8	25.5	19.4	13.5	12.4	16.1	14.8	26.4	20.7
Twice--------------------do----	1.2	2.4	2.7	1.5	1.1	.2	.3	.4	.6	.7	2.9	.8
Three times--------------do----	(2/)	0	.2	0	0	0	.3	0	0	0	0	0
Four to seven times------do----	(2/)	0	0	0	0	0	0	0	0	0	.2	0
Largest quantity in any meal in a day:												
Average for users---------grams--	27.1											
Maximum---------------------do---	240											
Proportion of total sample using specified amounts, in grams:												
1- 10---------------percent--	2.4	5.6	3.3	3.8	2.3	1.7	.6	1.4	1.2	1.5	3.3	3.0
11- 15------------------do----	2.8	5.9	3.6	3.4	2.3	1.9	1.4	1.7	1.2	2.0	3.1	2.8
16- 20------------------do----	3.9	8.2	5.1	6.9	2.1	4.5	.8	1.7	2.0	3.0	4.9	4.8
21- 25------------------do----	5.7	9.6	9.4	9.5	6.8	3.6	3.6	3.0	3.8	2.9	6.0	3.5
26- 30------------------do----	4.1	7.7	6.9	6.0	3.6	3.9	1.9	2.3	2.6	3.2	4.2	3.7
31- 40------------------do----	2.8	4.4	6.2	3.7	3.0	1.9	2.9	1.5	2.3	1.1	3.3	1.2
41- 60------------------do----	2.6	2.4	5.4	3.0	4.6	1.3	1.7	.8	2.4	1.3	3.1	2.0
61- 90------------------do----	.7	.6	1.4	.5	1.2	0	.6	.3	.8	.3	1.6	.5
91-240------------------do----	.2	.3	.3	.3	.5	.7	.3	0	.2	0	0	0

[1/] Data from Survey of Food Intake of Individuals, excluding children under 3 years of age. Only half of the adults 20 to 64 years of age were asked to supply information. To provide the proper representation, the numbers of persons in sex-age groups within this range were doubled for this table. Includes items in tables 23 to 26 and cereals weighing more than 60 g per cup. See tables 23 to 26 for estimates of portion sizes not specified. Items may not add to totals because of rounding.

[2/] Less than 0.05 percent.

TABLE 23.--Ready-to-eat breakfast cereals (Category A--about 15 to 20 g per cup) consumed in a day by selected sex-age groups, United States, spring 1965[1]

Item and unit	Total sample, weighted	Selected sex-age groups (M = male, F = female)										
		3-5 years M and F	9-11 years		15-17 years		20-34 years		35-54 years		65-74 years	
			M	F	M	F	M	F	M	F	M	F
Individuals sampled, weighted number ---	17,810	1,397	663	597	561	532	1,396	1,676	2,050	2,444	450	599
Percent consuming on day surveyed----	2.0	2.2	2.4	1.4	.7	.6	1.3	1.1	1.1	3.0	5.3	3.8
Quantity consumed in day:												
Average for users---------grams--	21.7											
Maximum---------------------do---	112											
Proportion of total sample using specified amounts, in grams:												
1- 8 ---------------percent--	.3	.1	0	.2	0	0	.1	.1	0	.5	.9	.5
9- 13-------------------do----	.2	0	.4	0	0	0	.1	.1	0	.2	.9	.5
14- 20-------------------do----	1.0	1.1	.9	.7	.2	.4	.6	.7	.8	1.6	2.9	1.6
21- 30-------------------do----	.3	.6	.9	.3	.2	0	0	.1	0	.33	.2	.7
31- 40-------------------do----	.1	0	.2	0	.2	0	.3	0	.1	.1	.2	.3
41- 60-------------------do----	.2	.2	0	.2	.2	.2	.1	0	.2	.2	.2	.2
61-112-------------------do----	(2/)	0	0	0	0	0	0	0	0	0	0	0
Number of times consumed in the day:												
Average for users--------number--	1.0											
Maximum--------------------do----	2											
Proportion of sample using:												
Once------------------percent--	2.0	2.0	2.3	1.3	.7	.6	1.3	1.1	1.1	2.9	4.9	3.7
Twice--------------------do----	(2/)	.1	.2	0	0	0	0	0	0	0	0.4	.2
Largest quantity in any meal in a day:												
Average for users---------grams--	21.1											
Maximum---------------------do---	56											
Proportion of total sample using specified amounts, in grams:												
1- 8 ---------------percent--	.2	.1	0	.2	0	0	.1	.1	0	.5	1.1	.5
9- 13-------------------do----	.2	.1	.4	0	0	0	.1	.1	0	.2	.7	.5
14-20--------------------do----	1.0	1.1	1.0	.7	.2	.4	.6	.7	.8	1.6	2.9	1.8
21-30--------------------do----	.3	.5	.8	.3	.2	0	0	.1	0	.3	.4	.7
31-40--------------------do----	.1	0	.2	0	.2	0	.3	0	.1	.1	.2	.2
41-56--------------------do----	.2	.2	0	.2	.2	.2	.1	0	.2	.2	0	.2

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[1] Data from Survey of Food Intake of Individuals, excluding children under 3 years of age. Only half of the adults 20 to 64 years of age were asked to supply information. To provide the proper representation, the numbers of persons in sex-age groups within this range were doubled for this table. Includes puffed rice and wheat, Special K, Hi-Pro, Corn Kix and when portion sizes were not specified, an estimate of 21, 28, 19, 18 and 15 g, respectively, was used. (1 oz equals 28.35 g.) Items may not add to totals because of rounding.

[2] Less than 0.05 percent.

TABLE 24.--Ready-to-eat breakfast cereals (Category B--about 25 to 30 g per cup) consumed in a day by selected sex-age groups, United States, spring 1965[1]

Item and unit	Total sample, weighted	Selected sex-age groups (M = male, F = female)										
		3-5 years M and F	9-11 years		15-17 years		20-34 years		35-54 years		65-74 years	
			M	F	M	F	M	F	M	F	M	F
Individuals sampled, weighted number--	17,810	1,397	663	597	561	532	1,396	1,676	2,050	2,444	450	599
Percent consuming on day surveyed---	16.6	31.7	29.6	28.2	21.2	15.4	9.3	7.6	10.0	8.8	17.1	9.7
Quantity consumed in day:												
Average for users---------grams--	24.6											
Maximum---------------------do---	180											
Proportion of total sample using specified amounts, in grams:												
1- 10----------------percent--	1.6	4.2	2.6	3.0	1.8	1.3	.3	.8	1.0	.6	2.4	1.3
11- 15------------------do----	2.0	4.7	2.6	3.2	2.0	1.7	.7	.7	.8	1.4	1.8	1.0
16- 20------------------do----	2.6	6.0	4.1	5.5	1.8	4.1	.6	1.2	1.3	1.5	2.4	2.7
21- 30------------------do----	7.7	13.0	13.3	13.2	10.0	6.8	4.9	4.4	5.3	4.4	8.0	4.3
31- 40------------------do----	.9	1.4	2.1	1.2	.5	.7	1.3	.3	1.0	.2	.9	.2
41- 60------------------do----	1.3	1.9	3.3	1.7	3.7	.7	.6	.1	.6	.6	1.3	.2
61-180------------------do----	.4	.4	1.6	.3	1.4	0	1.0	0	.1	.1	.2	0
Number of times consumed in the day:												
Average for users--------number--	1.0											
Maximum---------------------do----	4											
Proportion of sample using:												
Once-----------------percent--	16.0	30.5	28.0	27.5	20.5	15.4	8.9	7.5	10.0	8.3	16.4	9.3
Twice-------------------do----	.5	1.2	1.4	.7	.7	0	.4	.1	.1	.4	.4	.3
Three times-------------do----	(2/)	0	.2	0	0	0	0	0	0	0	0	0
Four times--------------do----	(2/)	0	0	0	0	0	0	0	0	0	.2	0
Largest quantity in any meal in a day:												
Average for users---------grams--	23.7											
Maximum---------------------do---	124											
Proportion of total sample using specified amounts, in grams:												
1- 10----------------percent--	1.6	4.3	2.6	3.0	1.8	1.3	.3	.8	1.0	.6	2.4	1.3
11- 15------------------do----	2.0	4.6	2.6	3.2	1.6	1.7	.8	.7	.7	1.3	1.8	1.3
16- 20------------------do----	2.6	6.1	3.2	5.5	1.8	4.1	.6	1.2	1.3	1.5	2.7	2.7
21- 30------------------do----	7.9	13.8	13.7	13.7	10.2	6.8	4.7	4.4	5.4	4.6	8.2	4.0
31- 40------------------do----	.9	1.2	2.0	1.2	.5	.7	1.4	.3	1.0	.3	.9	.2
41- 60------------------do----	1.1	1.3	3.6	1.3	3.9	.7	.6	.1	.5	.3	1.1	.2
61-124------------------do----	.3	.3	.9	.2	1.0	0	.8	0	.1	0	0	0

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[1] Data from Survey of Food Intake of Individuals, excluding children under 3 years of age. Only half of the adults 20 to 64 years of age were asked to supply information. To provide the proper representation, the numbers of persons in sex-age groups within this range were doubled for this table. Includes Cheerios, Corn Chex, cornflakes, Rice Krispies, Total, Wheaties, Trix, Sugar Pops, Pep, cereals not identified as to kind and when portion sizes were not specified, an estimate of 21, 21, 28, 21, 28, 28, 28, 21 and 28 g, respectively, was used. Cereals not specified as to kind were put into the cornflakes category. (1 oz equals 28.35 g.) Items may not add to totals because of rounding.

[2] Less than 0.05 percent.

TABLE 25.--Ready-to-eat breakfast cereals (Category C--about 35 to 40 g per cup) consumed in a day by selected sex-age groups, United States, spring 1965[1]

Item and unit	Total sample, weighted	3-5 years M and F	9-11 years M	9-11 years F	15-17 years M	15-17 years F	20-34 years M	20-34 years F	35-54 years M	35-54 years F	65-74 years M	65-74 years F
Individuals sampled, weighted number------	17,810	1,397	663	597	561	532	1,396	1,676	2,050	2,444	450	599
Percent consuming on day surveyed-------	4.7	10.0	8.2	7.0	3.8	2.1	2.3	2.5	3.5	2.2	4.2	3.5
Quantity consumed in day:												
Average for users---------grams--	31.9											
Maximum--------------------do---	200											
Proportion of total sample using specified amounts, in grams:												
1- 8----------------percent--	.3	1.0	.4	.7	.3	.2	.2	.1	.2	.2	0	.2
9- 15------------------do----	.3	.5	.4	0	.5	0	.2	.1	.2	.2	.7	.3
16- 20------------------do----	.5	1.6	.4	.7	.2	0	.2	0	0	.2	0	.7
21- 30------------------do----	1.3	2.8	1.5	1.5	.2	.7	.6	.8	1.1	.8	1.3	1.3
31- 40------------------do----	1.5	2.5	4.1	2.7	2.1	1.1	.9	.8	1.1	.6	1.8	.8
41- 70------------------do----	.6	1.1	1.2	1.3	.4	0	0	.1	.7	.2	.4	.2
71-120------------------do----	.2	.4	0	.2	0	0	.2	.1	.2	0	0	0
Number of times consumed in the day:												
Average for users--------number--	1.0											
Maximum-------------------do----	3											
Proportion of total sample using:												
Once----------------percent--	4.6	9.6	8.0	6.7	3.7	2.1	2.3	2.4	3.5	2.2	4.2	3.5
Twice-------------------do----	.1	.4	.2	.3	0	0	0	.1	0	0	0	0
Three times-------------do----	(2/)	0	0	0	0	0	0	0	0	0	0	0
Largest quantity in any meal in a day:												
Average for users---------grams--	31.1											
Maximum--------------------do---	120											
Proportion of total sample using specified amounts, in grams:												
1- 8----------------percent--	.3	1.1	.4	.7	.3	.2	.1	.2	.2	.2	0	.2
9- 15------------------do----	.3	.5	.4	0	.5	0	.1	.2	.2	.2	.7	.3
16- 20------------------do----	.5	1.7	.4	.7	.2	0	0	.2	.1	.2	0	.7
21- 30------------------do----	1.3	2.8	1.6	1.7	.2	.7	.8	.6	1.1	.8	1.3	1.3
31- 40------------------do----	1.5	2.7	3.9	2.7	2.1	1.1	.8	.9	1.1	.6	1.8	.8
41- 70------------------do----	.5	.9	1.2	1.2	.4	0	.1	.1	.7	.2	.4	.2
71-120------------------do----	.1	.3	0	.2	0	0	.1	.1	.2	0	0	0

1/ Data from Survey of Food Intake of Individuals, excluding children under 3 years of age. Only half of the adults 20 to 64 years of age were asked to supply information. To provide the proper representation, the numbers of persons in sex-age groups within this range were doubled for this table. Includes the heavier sugared types, 40 percent bran, Grapenut Flakes, shredded wheat. When portion sizes were not specified, an estimate of 28 g was used for 40 percent bran and Grapenut Flakes; 25 g for shredded wheat. (1 oz equals 28.35 g.) Items may not add to totals because of rounding.

2/ Less than 0.05 percent.

TABLE 26.--Ready-to-eat breakfast cereals (Category D--about 45 to 60 g per cup) consumed in a day by selected sex-age groups, United States, spring 1965 1/

Item and unit	Total sample, weighted	3-5 years M and F	9-11 years M	9-11 years F	15-17 years M	15-17 years F	20-34 years M	20-34 years F	35-54 years M	35-54 years F	65-74 years M	65-74 years F
Individuals sampled, weighted number--	17,810	1,397	663	597	561	532	1,396	1,676	2,050	2,444	450	599
Percent consuming on day surveyed--	1.8	1.6	2.3	1.2	1.2	1.1	1.0	1.1	1.8	1.5	2.4	2.8
Quantity consumed in day:												
Average for users---------grams--	44.0											
Maximum----------------------do---	342											
Proportion of total sample using specified amounts, in grams:												
1- 20----------------percent--	.3	.3	.2	.3	0	.4	0	.3	.1	.3	.4	.8
21- 40-------------------do----	.5	.9	.6	0	.3	.2	.1	.3	.2	.3	.7	1.2
41- 60-------------------do----	.7	.3	.9	.7	.5	.4	.7	.2	1.2	.6	.7	.6
61- 90-------------------do----	.2	.1	.4	0	.2	0	.1	.1	.3	.2	.7	0
91-342-------------------do----	(2/)	0	.2	.2	.2	.2	0	0	0	0	0	.2
Number of times consumed in the day:												
Average for users--------number--	1.0											
Maximum---------------------do----	2											
Proportion of sample using:												
Once------------------percent--	1.7	1.6	2.1	1.2	1.2	1.1	1.0	1.1	1.8	1.5	2.4	2.7
Twice--------------------do----	(2/)	0	.2	0	0	0	0	0	0	0	0	.2
Largest quantity in any meal in a day:												
Average for users---------grams--	42.5											
Maximum----------------------do---	240											
Proportion of total sample using specified amounts, in grams:												
1- 20----------------percent--	.3	.3	.2	.3	0	.4	0	.3	.1	.3	.4	.8
21- 40-------------------do----	.5	.9	.8	0	.3	.2	.1	.3	.2	.3	.7	1.2
41- 60-------------------do----	.7	.3	.9	.7	.5	.4	.7	.2	1.2	.6	.7	.8
61- 90-------------------do----	.2	.1	.3	0	.2	0	.1	.1	.3	.2	.7	0
91-240-------------------do----	(2/)	0	.2	.2	.2	.2	0	0	0	0	0	0

1/ Data from Survey of Food Intake of Individuals, excluding children under 3 years of age. Only half of the adults 20 to 64 years of age were asked to supply information. To provide the proper representation, the numbers of persons in sex-age groups within this range were doubled for this table. Includes Life, oat flakes, bran flakes, all-bran, Wheat Chex. When portion size was not specified, an estimate of 28 g was used for all-bran and Wheat Chex; 21 g for oat flakes; 35 g for bran flakes; and 43 g for Life. Items may not add to totals because of rounding.

2/ Less than 0.05 percent.

BREADS AND ROLLS

The first tabulation of data for breads and rolls was for white bread only (table 27). The second tabulation included white bread and other yeast-type breads and rolls except English muffins, bread sticks, bagels, Zweibach, and tea sandwiches (table 28). The third tabulation included all yeast-type breads and rolls (table 29).

Almost three-fourths (72.8 percent) of all individuals in the U.S. sample ate white bread, and one-half of the others had some other yeast-type bread or rolls. About one-third (31.8 percent) of the sample had bread or rolls at one meal only, another third (34.2) at two meals, and almost 20 percent (19.2) three or more times in the day (table 29).

Behind the overall proportion of 15 percent (14.8) of the 1-day U.S. diets which included no bread or rolls is the variation among sex-age groups, from 17.7 percent for 15- to 17-year old and 18.2 percent for 35- to 54-year old females to 11.4 percent for 35- to 54-year old males (table 29). About one-half of the diets of teenage girls and women included either no bread or only once in a day. This same bread eating frequency was found in the diets of children 3 to 5 years old. Furthermore, just over 17 percent (17.2) of these children ate some bread or rolls three or more times in a day. A considerable disparity of diets between men and women shows up first in the 26.2 percent of the 15- to 17-year old males with some breadstuff three or more times in a day compared with 16.9 percent for the diets of girls in that age group.

Almost one-half of all people ate 24 to 46 g of bread or rolls or both in their largest serving of the day. The average number of times bread or rolls or both was eaten in one day was almost two (1.9). Substantial numbers of children, girls, and women were in this group whereas teenage boys and men reported more frequent use, as expected. The U.S. average per user for all breads and rolls consumed in a day by individuals 3 years and over was 79.4 g (equivalent to nearly 3-1/2 slices of bread per person if one slice weighs 23 g). On the average users of white bread ate about 67 g.

TABLE 27.--White bread consumed in a day by selected sex-age groups, United States, spring 1965[1]

Item and unit	Common measure and weight equivalent in grams	Total sample, weighted	Selected sex-age groups (M = male, F = female)											
			3-5 years M and F	9-11 years		15-17 years		20-34 years		35-54 years		65-74 years	
				M	F	M	F	M	F	M	F	M	F
Individuals sampled, weighted number--		17,810	1,397	663	597	561	532	1,396	1,676	2,050	2,444	450	599
Percent consuming on day surveyed----		72.8	75.4	79.2	72.9	77.9	69.9	75.8	72.2	74.2	66.4	65.1	69.0
Quantity consumed in day:													
Average for users-----------grams----		67.2											
Maximum-----------------------do-----		644											
Proportion of total sample using specified amounts, in grams:	[2]												
1- 23-----------------percent---	1 reg. slice = 23 g	12.0	18.7	11.8	11.2	5.0	13.3	5.7	16.0	5.8	14.8	7.8	18.2
24- 46--------------------do-----	2 reg. slices = 46 g	23.5	27.0	25.2	24.1	18.9	25.7	18.8	25.8	21.2	23.4	18.2	4.5
47- 69--------------------do-----	3 reg. slices = 69 g	12.5	16.9	12.0	20.1	7.5	11.1	8.9	14.7	8.6	11.5	10.4	12.3
70- 92--------------------do-----	4 reg. slices = 92 g	11.9	7.9	13.3	8.4	17.1	10.7	17.2	9.8	13.8	11.7	13.8	9.2
93-115--------------------do-----	5 reg. slices = 115g	4.2	2.7	5.6	3.3	5.2	4.3	5.1	2.0	6.8	2.5	6.0	2.2
116-138--------------------do-----	6 reg. slices = 138g	4.4	1.6	5.7	3.4	9.1	2.8	8.3	3.0	8.8	1.3	5.1	1.7
139-184--------------------do-----	7 reg. slices = 161g	3.6	.4	3.8	1.5	10.3	1.5	6.9	.8	12.7	.7	2.4	.7
185-644--------------------do-----	10 reg. slices = 230g	1.5	.1	1.8	.8	4.8	.4	4.8	.1	3.5	.4	1.3	.2
Number of times consumed in the day:													
Average for users-----------grams----		1.7											
Maximum-----------------------do-----		7											
Proportion consuming:													
Once-------------------number----		34.8	35.8	37.7	33.2	32.4	36.8	35.2	39.5	30.9	35.2	26.0	34.2
Twice---------------------do-----		26.8	27.2	28.8	29.6	31.2	23.7	27.6	25.9	29.0	23.9	23.1	26.5
Three times----------------do-----		10.1	11.5	10.8	9.0	11.9	8.6	11.3	6.4	12.9	6.6	14.4	8.2
Four times-----------------do-----		.9	.6	1.8	1.0	1.8	.8	1.6	.4	1.3	.7	1.6	0
Five to seven times--------do-----		.1	.3	0	0	.5	0	0	0	.2	0	0	0
Largest quantity in any meal in a day:													
Average for users-----------grams----		41.7											
Maximum-----------------------do-----		299											
Proportion of total sample using specified amounts, in grams:													
1- 23-----------------percent---	1 reg. slice = 23 g	17.6	32.4	15.4	17.7	5.5	19.5	7.2	20.4	7.9	20.6	12.0	29.4
24- 46--------------------do-----	2 reg. slices = 46 g	42.6	40.8	48.0	47.7	37.4	42.8	36.1	46.4	41.2	41.7	42.0	36.6
47- 69--------------------do-----	3 reg. slices = 69 g	5.0	1.4	5.4	3.5	10.2	3.4	8.7	3.0	9.8	2.6	6.2	2.2
70- 92--------------------do-----	4 reg. slices = 92 g	5.8	.6	8.1	3.5	18.4	3.6	17.2	2.1	10.8	1.5	3.6	.5
93-138--------------------do-----	5 reg. slices = 115 g	1.6	.1	2.1	.3	5.0	.5	5.4	.2	4.0	.3	1.3	.2
139-299--------------------do-----	6 reg. slices = 138 g	.2	0	.2	0	1.4	0	1.0	0	.5	0	0	.2

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[1] Data from Survey of Food Intake of Individuals, excluding children under 3 years of age. Only half of the adults 20 to 64 years of age were asked to supply information. To provide the proper representation, the numbers of persons in sex-age groups within this range were doubled for this table. White bread or toast, including buttermilk and potato bread. When portion size was not specified, an estimate of 23 g was used. (1 oz equals 28.35 g.) Items may not add to totals because of rounding.

[2] Abbreviation, reg., is used for regular (20 slices per 1-pound loaf).

TABLE 28.--Most yeast-type breads and rolls consumed in a day by selected sex-age groups, United States, spring 1965[1/]

Item and unit	Common measure and weight equivalent in grams	Total sample, weighted	Selected sex-age groups (M = male, F = female)											
			3-5 years M and F	9-11 years		15-17 years		20-34 years		35-54 years		65-74 years	
				M	F	M	F	M	F	M	F	M	F
Individuals sampled, weighted numbers--		17,810	1,397	663	597	561	532	1,396	1,676	2,050	2,444	450	599
Percent consuming on day surveyed----		84.9	82.8	86.7	85.1	88.1	82.2	87.2	82.9	85.2	81.3	84.4	86.3
Quantity consumed in day:													
Average for users------------grams---		78.9											
Maximum------------------------do----		734											
Proportion of total sample using specified amounts, in grams:													
1- 23------------------percent--	1 reg.[2/] slice = 23 g	9.3	15.7	7.1	7.4	3.2	9.8	4.7	11.2	4.4	12.1	6.2	17.2
24- 46----------------------do----	1 med. roll = 38 g	22.5	27.4	22.2	22.6	14.4	24.4	15.6	26.0	17.6	24.7	20.0	30.2
47- 69----------------------do----	1 lg. roll = 56 g	14.8	19.1	14.5	22.1	8.0	13.5	8.2	17.0	9.9	15.0	14.2	16.7
70- 92----------------------do----	4 reg. slices = 92 g	15.5	11.4	15.5	13.2	18.0	16.2	16.6	14.2	17.9	16.0	17.1	11.0
93-115----------------------do----	5 reg. slices = 115 g	7.1	5.1	9.6	7.9	6.4	7.7	8.3	5.2	9.3	6.3	9.3	4.5
116-138----------------------do----	6 reg. slices = 138 g	7.0	2.7	8.1	6.4	12.8	5.6	11.4	5.0	11.8	3.9	8.0	4.2
139-184----------------------do----	8 reg. slices = 184 g	5.7	1.0	5.1	3.3	13.5	3.4	12.9	3.7	9.7	5.9	6.9	1.8
185-734----------------------do----	1 lb = 454 g	3.4	.2	4.5	2.8	11.6	1.5	9.4	.5	7.5	1.0	2.6	.6
Number of times consumed in the day:													
Average for users-----------number---		1.9											
Maximum------------------------do----		7											
Proportion of sample using:													
Once---------------------percent--		32.0	34.0	31.4	30.0	26.2	37.0	30.1	36.8	27.3	34.7	26.0	36.2
Twice----------------------do----		34.1	31.9	34.7	37.2	35.8	28.6	34.1	32.4	35.6	33.1	31.8	34.7
Three times------------------do----		16.8	15.4	17.2	15.2	20.5	14.1	20.2	12.8	22.0	12.4	23.8	15.0
Four times-------------------do----		1.9	1.1	3.3	2.7	4.4	2.4	2.6	1.0	2.9	1.1	2.9	.3
Five to seven times----------do----		.2	.4	.2	0	1.0	0	.3	0	.4	0	0	0
Largest quantity in any meal in a day:													
Average for users------------grams---		52.8											
Maximum------------------------do----		454											
Proportion of total sample using specified amounts, in grams:													
1- 23------------------percent--	1 reg. slice = 23 g	15.2	29.7	10.6	12.4	3.7	14.5	6.3	15.6	6.8	18.2	12.9	32.4
24- 46----------------------do----	1 med. roll = 38 g	48.7	48.1	51.7	56.8	38.0	49.8	35.7	54.3	45.2	51.4	51.3	47.2
47- 69----------------------do----	1 lg. roll = 56 g	7.4	2.8	8.4	6.0	11.4	6.4	10.4	5.4	11.7	6.0	10.0	3.8
70- 92----------------------do----	4 reg. slices = 92 g	9.4	1.8	12.1	7.7	22.4	9.0	22.5	6.2	15.7	3.8	7.3	1.7
93-138----------------------do----	5 reg. slices = 115 g	3.3	.4	3.2	1.8	9.6	2.2	9.9	1.3	6.7	1.6	2.9	.8
139-454----------------------do----	1/2 lb = 227 g	.8	0	.8	.3	2.8	.2	2.4	.1	2.1	.2	0	.3

1/ Data from Survey of Food Intake of Individuals, excluding children under 3 years of age. Only half of the adults 20 to 64 years of age were asked to supply information. To provide the proper representation, the numbers of persons in sex-age groups within this range were doubled for this table. Includes white breads and other yeast-type breads and rolls except English muffins, bread sticks, bagels, Zweibach, tea sandwiches, and bread with mayonnaise, sandwich spread, or jelly. When portion size was not specified, an estimate of 23 or 28 g was usually used for breads; 28, 35, or 38 g for rolls. (1 oz equals 28.35 g.) Items may not add to totals because of rounding.

2/ Abbreviations used are as follows: reg. for regular, med. for medium and lg. for large.

TABLE 29.--All yeast-type breads and rolls consumed in a day by selected sex-age groups, United States, spring 1965[1]

Item and unit	Common measure and weight equivalent in grams	Total sample, weighted	Selected sex-age groups (M = male, F = female)										
			3-5 years M and F	9-11 years		15-17 years		20-34 years		35-54 years		65-74 years	
				M	F	M	F	M	F	M	F	M	F
Individuals sampled, weighted number--		17,810	1,397	663	597	561	532	1,396	1,676	2,050	2,444	450	599
Percent consuming on day surveyed---		85.2	83.0	87.0	85.4	88.2	82.3	87.7	83.1	88.6	81.8	84.7	86.3
Quantity consumed in day:													
Average for users-----------grams---		79.4											
Maximum-----------------------do----		734											
Proportion of total sample using specified amounts, in grams:													
1- 23-----------------percent--	1 reg.[2] slice = 23 g	9.2	15.5	7.1	7.2	3.2	9.8	4.7	11.2	4.3	11.9	6.2	17.2
24- 46--------------------do----	1 med. roll = 38 g	22.0	27.4	22.0	22.4	14.6	24.0	15.5	25.8	17.4	24.4	19.8	29.9
47- 69--------------------do----	1 lg. roll = 56 g	14.9	19.2	14.6	22.3	8.0	13.7	8.4	16.9	9.9	15.4	14.4	16.5
70- 92--------------------do----	4 reg. slices = 92 g	15.5	11.4	15.2	13.1	17.1	16.0	16.5	14.3	17.8	16.1	16.9	16.2
93-115--------------------do----	5 reg. slices = 115 g	7.3	5.4	9.6	7.7	6.4	8.1	8.4	5.4	9.6	6.4	9.3	4.8
116-138-------------------do----	6 reg. slices = 138 g	7.1	2.7	8.1	6.7	13.0	5.6	11.6	5.1	11.7	4.1	8.0	4.2
139-184-------------------do----	8 reg. slices = 184 g	5.4	1.0	5.3	3.5	13.9	3.5	12.9	3.8	9.9	2.4	7.3	1.8
185-734-------------------do----	1 lb = 454 g	3.5	.3	5.0	2.5	11.9	1.5	9.6	.5	7.9	1.0	2.6	.6
Number of times consumed in the day:													
Average for users----------number---		1.9											
Maximum-----------------------do----		7											
Proportion of sample using:													
Once-------------------percent--		31.8	33.8	31.5	29.8	25.8	36.8	30.2	36.5	27.1	34.5	25.8	36.1
Twice---------------------do----		34.2	31.9	34.2	36.7	36.0	28.6	34.2	32.6	35.7	33.6	32.0	34.7
Three times---------------do----		17.0	15.6	17.6	16.1	20.8	14.5	20.3	13.0	22.4	12.6	23.8	15.0
Four times----------------do----		2.0	1.2	3.5	2.8	4.4	2.4	2.6	1.0	2.9	1.1	3.1	.5
Five to seven times-------do----		.2	.4	.2	0	1.0	0	.3	0	.4	0	0	0
Largest quantity in any meal in a day:													
Average for users-----------grams---		53.3											
Maximum-----------------------do----		454											
Proportion of total sample using specified amounts, in grams:													
1- 23-----------------percent--	1 reg. slice = 23 g	15.1	29.6	10.6	12.4	3.7	14.5	6.3	15.6	6.7	18.1	12.9	32.0
24- 46--------------------do----	1 med. roll = 38 g	48.6	48.0	51.1	55.9	38.0	49.2	35.5	54.0	45.0	51.0	51.1	47.4
47- 69--------------------do----	1 lg. roll = 56 g	7.8	3.0	9.0	7.2	11.6	7.1	10.7	5.6	11.8	6.7	10.4	4.0
70- 92--------------------do----	4 reg. slices = 92 g	9.4	1.8	12.3	7.7	22.1	9.0	22.6	6.2	15.7	3.8	7.3	1.7
93-138--------------------do----	5 reg. slices = 115 g	3.4	.5	3.4	2.0	10.0	2.2	10.0	1.4	7.1	1.9	2.8	.8
139-454-------------------do----	1/2 lb = 227 g	.8	0	.8	.3	2.8	.2	2.4	.1	2.2	.2	0	.3

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[1] Data from Survey of Food Intake of Individuals, excluding children under 3 years of age. Only half of the adults 20 to 64 years of age were asked to supply information. To provide the proper representation, the numbers of persons in sex-age groups within this range were doubled for this table. When portion size was not specified, estimates of 23 to 38 g were used. (1 oz equals 28.35 g.) Items may not add to totals because of rounding.

[2] Abbreviations used are as follows: reg. for regular, med. for medium and lg. for large.

CAKES, COOKIES, AND DOUGHNUTS

Cakes and cookies were about equally popular in the one day diets of individuals 3 years and older, each being reported by about one-fifth of the sample (20.8 and 21.7 percent, respectively). (These data include home-baked as well as commercially baked items.) Cake tended to be somewhat more frequent in men's and boys' diets than women's and girls' except for the elderly (table 30). Such a sex difference was not revealed for cookies, but an age-related pattern did turn up for them in that higher proportions of children and teenagers reported cookies than adults (table 31).

Portion sizes vary greatly with type of cake. For instance, an iced cup cake often weighs about 42 g and a 2-inch arc of a yellow, two-layer cake with icing ran about 123 g. About one-fourth to one-third of the cake servings were in the 100- to 149-g range, about 15 percent in the 40- to 59-g interval and about 20 percent in the 60- to 99-g interval. Out of the 20.8 percent of the sample reporting cake, 3.6 percent reported two or more meals with cake. Average consumption by individuals reporting cake was 107.5 g per day. Men's and boys' servings were generally larger than women's and girls'.

Children tended to have more meals including cookies than older people, a larger proportion of the children being cookie eaters. However, most of the children's diets which included cookies contained only one or two for the day. Average consumption of cookie eaters in the sample for the one day was 24.8 g, about two small cookies or one large one.

The weight of a doughnut was estimated to be around 32 g (table 32). About one-half of the people eating doughnuts on the day surveyed (5 percent of the sample) reported an amount in the 31- to 40-g interval but 2.4 percent reported larger quantities. Their consumption brought the average up to 65.8 g (about two doughnuts). Doughnuts were more frequent in men's diets than women's and in larger amounts.

TABLE 30.--Cake consumed in a day by selected sex-age groups, United States, spring 1965[1]

Item and unit	Common measure and weight equivalent in grams	Total sample, weighted	Selected sex-age groups (M = male, F = female)										
			3-5 years M and F	9-11 years M	9-11 years F	15-17 years M	15-17 years F	20-34 years M	20-34 years F	35-54 years M	35-54 years F	65-74 years M	65-74 years F
Individuals sampled, weighted number--		17,810	1,397	663	597	561	532	1,396	1,676	2,050	2,444	450	599
Percent consuming on day surveyed--		20.8	16.0	26.7	22.3	26.9	19.4	22.2	17.0	24.9	19.1	15.6	16.7
Quantity consumed in day:													
Average for users----------grams---		107.5											
Maximum---------------------do----		672											
Proportion of total sample using specified amounts, in grams:													
1- 19----------------percent--	1/2 cupcake,plain=16g	.8	1.3	1.2	1.0	.4	.4	.3	.5	.8	.6	1.3	1.2
20- 39-------------------do----	1 cupcake,plain=31 g	2.5	2.9	3.5	2.8	3.2	2.4	1.8	1.9	2.2	2.5	1.1	2.7
40- 59-------------------do----	1 iced cupcake = 42g	3.4	2.9	3.8	4.2	2.8	2.0	2.6	3.6	3.7	3.2	2.7	3.0
60- 99-------------------do----	plain cake(4"x2"x2")=90g	4.0	2.3	5.1	4.2	3.4	3.4	5.4	2.4	4.1	3.8	2.6	3.2
100-149------------------do----	2" 2 layer, iced = 123 g	5.8	4.3	7.8	6.2	8.6	8.3	5.4	4.4	8.6	5.8	4.7	3.8
150-259------------------do----	4 iced cupcakes = 168 g	3.2	2.0	3.8	2.8	5.7	2.0	5.4	3.2	4.5	2.5	1.4	1.8
260-672------------------do----	10 iced cupcakes = 420 g	.9	.3	1.5	1.0	2.8	.7	1.1	.9	1.0	.5	.7	1.0
Number of times consumed in the day:													
Average for users---------number---		1.2											
Maximum---------------------do----		4											
Proportion of sample using:													
Once------------------percent--		17.2	13.3	22.8	19.3	20.3	16.2	18.0	13.6	20.1	15.9	12.4	13.7
Twice---------------------do----		3.2	2.6	3.5	2.3	6.1	2.6	3.7	3.2	3.9	2.9	2.7	2.7
Three times---------------do----		.4	.1	.4	.7	.5	.6	.4	.1	.8	.2	.4	.3
Four times----------------do----		(2/)	0	0	0	0	0	0	0	.1	0	0	0
Largest quantity in any meal in a day:													
Average for users----------grams---		94.3											
Maximum---------------------do----		436											
Proportion of total sample using specified amounts, in grams:													
1- 19----------------percent--	1/2 cupcake,plain=16g	.8	1.4	1.5	1.0	.4	.4	.3	.5	.8	.6	1.6	1.2
20- 39-------------------do----	1 cupcake,plain =31 g	2.9	3.2	4.1	3.0	3.9	2.8	2.4	2.5	2.6	2.9	1.1	3.5
40- 59-------------------do----	1 iced cupcake = 42 g	3.7	3.3	3.3	5.0	2.5	2.4	2.7	3.3	4.1	3.8	3.8	3.2
60- 99-------------------do----	plain cake (4"x2"x2")=90g	4.1	2.1	5.6	4.3	4.8	2.8	5.9	2.9	4.8	3.7	2.0	2.7
100-149------------------do----	2" 2 layer, iced = 123 g	6.4	4.9	8.4	6.2	8.5	9.6	6.6	5.0	9.2	5.9	4.4	4.0
150-259------------------do----	4 iced cupcakes = 168 g	2.4	.9	3.2	2.2	5.7	.9	3.7	2.1	3.2	1.9	2.4	2.2
260-436------------------do----	10 iced cupcakes = 420 g	.4	.2	.6	.5	1.1	.4	.6	.6	.2	.1	.2	0

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[1] Data from Survey of Food Intake of Individuals, excluding children under 3 years of age. Only half of the adults 20 to 64 years of age were asked to supply information. To provide the proper representation, the numbers of persons in sex-age groups within this range were doubled for this table. Includes all kinds of cake, Boston cream pie, ice cream cake, gingerbread, jelly roll. When portion size was not specified, an estimate of 40 g was used for angel food cake; 40 g for jelly roll; 56 g for gingerbread; 69 g for Boston cream pie; 109 g for iced chocolate cake, and 123 g for iced yellow cake. Other estimates were similar to these. (1 oz equals 28.35 g and 1 pound equals 454 g.) Items may not add to totals because of rounding.

[2] Less than 0.05 percent.

TABLE 31.--Cookies consumed in a day by selected sex-age groups, United States, spring 1965[1]

Item and unit	Common measure and weight equivalent in grams	Total sample, weighted	Selected sex-age groups (M = male, F = female)										
			3-5 years M and F	9-11 years		15-17 years		20-34 years		35-54 years		65-74 years	
				M	F	M	F	M	F	M	F	M	F
Individuals sampled, weighted number--		17,810	1,397	663	597	561	532	1,396	1,676	2,050	2,444	450	599
Percent consuming on day surveyed--		21.7	36.6	35.4	35.2	19.6	23.1	16.5	15.6	14.7	16.7	17.6	14.7
Quantity consumed in day:													
Average for users----------grams---		24.8											
Maximum----------------------do----		299											
Proportion of total sample using specified amounts, in grams:													
1- 10-----------------percent--	1 small = 10 g	4.6	9.2	6.5	4.7	2.1	2.6	3.3	4.4	3.6	4.3	3.3	2.8
11- 20-------------------do----	1 medium = 17 g	7.3	10.7	14.2	12.6	6.6	9.2	5.3	5.1	5.8	5.5	6.4	5.8
21- 30-------------------do----	1 large = 25 g	6.4	11.3	10.4	12.6	6.8	7.0	4.7	3.9	3.5	4.7	4.0	4.0
31- 70-------------------do----	3 medium = 51 g	2.5	4.2	3.9	4.2	3.0	3.6	1.7	1.4	1.2	1.7	2.9	1.5
71-120-------------------do----	3 large = 75 g	.6	1.0	.3	1.0	.5	.6	.4	.5	.5	.3	.9	.2
121-299------------------do----	10 medium = 170 g	.2	.3	.2	.2	.5	.2	.8	.2	.1	.2	0	.3
Number of times consumed in the day:													
Average for users---------number---		1.2											
Maximum----------------------do----		7											
Proportion of sample using:													
Once-------------------percent--		17.1	27.1	28.2	28.0	13.9	17.7	13.5	13.0	12.5	14.2	12.9	11.8
Twice--------------------do----		3.9	7.5	6.3	5.5	5.2	4.7	2.7	2.3	1.8	2.2	4.7	2.7
Three times--------------do----		.6	1.8	.9	1.5	.5	.8	.3	.2	.4	.3	0	.2
Four to seven times------do----		.1	.2	0	.2	0	0	0	.1	0	0	0	0
Largest quantity in any meal in a day:													
Average for users----------grams---		20.3											
Maximum----------------------do----		280											
Proportion of total sample using specified amounts, in grams:													
1- 10-----------------percent--	1 small = 10 g	5.5	11.3	8.6	5.5	3.4	3.6	3.6	5.1	4.5	4.9	4.2	3.5
11- 20-------------------do----	1 medium = 17 g	8.0	12.3	15.5	14.6	7.1	10.5	6.6	5.0	5.6	5.6	6.4	6.0
21- 30-------------------do----	1 large = 25 g	6.9	11.7	10.6	3.2	7.8	7.5	4.6	4.4	3.5	5.3	5.3	4.5
31- 70-------------------do----	3 medium = 51 g	.6	.7	.3	1.3	.4	.9	.3	.7	.6	.6	.9	.3
71-120-------------------do----	3 large = 75 g	.4	.4	.3	.5	.4	.6	.6	.2	.5	.2	.7	0
121-280------------------do----	10 medium = 170 g	.2	.2	.2	0	.5	0	.8	.1	0	.1	0	.3

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[1] Data from Survey of Food Intake of Individuals, excluding children under 3 years of age. Only half of the adults 20 to 64 years were asked to supply information. To provide the proper representation, the numbers of persons in sex-age groups within this range were doubled for this table. Includes all kinds of cookies, shortbread, fruit bars. When portion size was not specified, an estimate of 6 g for wafer and butter cookies was used; 15 g for fruit bars and peanut cookies; and 25 g for assorted cookies of regular size. Other cookies were similarly estimated. Items may not add to totals because of rounding.

Table 32.--Doughnuts consumed in a day by selected sex-age groups, United States, spring 1965[1]

Item and unit	Common measure and weight equivalent in grams	Total sample, weighted	3-5 years M and F	Selected sex-age groups (M = male, F = female)									
				9-11 years		15-17 years		20-34 years		35-54 years		65-74 years	
				M	F	M	F	M	F	M	F	M	F
Individuals sampled, weighted number		17,810	1,397	663	597	561	532	1,396	1,676	2,050	2,444	450	599
Percent consuming on day surveyed		5.0	4.4	4.7	4.9	5.4	4.0	5.9	4.4	8.2	4.3	4.9	4.5
Quantity consumed in day:													
Average for users----------grams		65.8											
Maximum----------do		396											
Proportion of total sample using specified amounts, in grams:													
1- 30----------percent	1/2 doughnut = 16 g	.2	.2	0	.2	0	.2	.1	.1	0	.3	.4	.5
31- 40----------do	1 doughnut = 32 g	2.3	2.4	2.0	1.8	1.6	2.1	1.4	2.7	3.9	2.5	2.2	2.8
41- 70----------do	2 doughnuts = 64 g	1.2	.8	1.8	1.0	1.8	.6	1.3	1.0	2.4	.7	.1	.3
71-120----------do	3 doughnuts = 96 g	.7	.4	.8	1.2	.7	.9	1.6	.6	.8	.3	.7	.8
121-180----------do	4 doughnuts = 128 g	.3	.3	0	.3	.5	.2	1.0	0	.5	0	.4	0
181-396----------do	6 doughnuts = 192 g	.2	.4	.2	.3	.7	0	.4	0	.5	.3	.2	0
Number of times consumed in the day:													
Average for users----------number		1.1											
Maximum----------do		3											
Proportion of sample using:													
Once----------percent		4.6	4.0	3.8	4.5	5.0	3.8	5.4	4.2	7.3	3.8	4.7	4.3
Twice----------do		.3	.4	.8	.3	.4	.2	.4	.1	.7	.2	0	.2
Three times----------do		.1	0	.2	0	0	0	0	.1	.2	.2	.2	0
Largest quantity in any meal in a day:													
Average for users----------grams		61.2											
Maximum----------do		300											
Proportion of total sample using specified amounts, in grams:													
1- 30----------percent	1/2 doughnut = 16 g	.2	.2	.2	.2	0	.2	.1	.2	.1	.3	.4	.5
31- 40----------do	1 doughnut = 32 g	2.5	2.6	2.6	2.0	1.6	2.1	1.6	2.7	4.1	2.9	2.2	2.8
41- 70----------do	2 doughnuts = 64 g	1.2	.6	1.2	1.0	2.1	.6	1.4	1.0	2.5	.6	.9	.5
71-120----------do	3 doughnuts = 96 g	.6	.4	.6	1.0	.5	1.1	1.4	.5	.7	.2	.7	.7
121-180----------do	4 doughnuts = 128 g	.2	.3	0	.3	.4	0	.8	0	.4	.1	.7	0
181-300----------do	6 doughnuts = 192 g	.2	.3	.2	.3	.7	0	.4	0	.4	.2	0	0

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[1] Data from Survey of Food Intake of Individuals, excluding children under 3 years of age. Only half of the adults 20 to 64 years of age were asked to supply information. To provide the proper representation, the numbers of persons in sex-age groups within this range were doubled for this table. Includes both cake and yeast-type doughnuts, crullers. When portion size was not specified, an estimate of 32 g was used. (1 oz equals 28.35 g.) Items may not add to totals because of rounding.

COOKED AND CANNED VEGETABLES

Cooked grean beans (canned, frozen, or fresh cooked) were included in 13.1 percent of the one-day diets for individuals 3 years of age and over (table 33). Most of them had green beans in only one meal. Almost equal proportions of the users (3.6 and 3.4 percent) had their largest servings for a meal in the two intervals including 1/2 and 2/3 cup measures. The average quantity consumed at a meal by all users was 67.2 g (just over 1/2 cup).

Cooked whole-kernel corn (canned, frozen, or fresh cooked) was slightly less popular than cooked green beans, being eaten on the day surveyed by 8.7 percent of the individuals (table 34). As for green beans, the usual pattern was consumption of this vegetable at only one meal. Among the elderly fewer ate corn and the portion sizes were smaller than for other age categories except for the 3- to 5-year old children. Servings in the interval which included 1 cup were surprisingly frequent among teenage girls. Consumption by users per meal averaged 102.1 g (a little under 2/3 cup).

The proportion of the sample reporting consumption of cooked green peas (canned, frozen, or fresh cooked) was a little below 10 percent (9.5) (table 35). They were more favored by males from teenage up than by females and the men ate consistently larger servings. The most popular size of serving clustered in the interval where 1/2 cup occurred. The average quantity for the day was 81 g per user. Peas appeared to be as popular among the elderly as other age groups.

SOUPS

A cup of soup, estimated to weigh around 250 g, was in the most frequent portion category except among young children (table 36). Soup was consumed by 11.5 percent of individuals 3 years of age and over. Soup was particularly popular in the diets of children (17.9 percent) and elderly men (16 percent). A few people reported soup more than once in the day. The average amount consumed per meal was 266 g, a little more than one cup.

TABLE 33.--Cooked green beans consumed in a day by selected sex-age groups, United States, spring 1965[1]

Item and unit	Common measure and weight equivalent in grams	Total sample, weighted	Selected sex-age groups (M = male, F = female)											
			3-5 years M and F	9-11 years		15-17 years		20-34 years		35-54 years		65-74 years	
				M	F	M	F	M	F	M	F	M	F
Individuals sampled, weighted number		17,810	1,397	663	597	561	532	1,396	1,676	2,050	2,444	450	599
Percent consuming on day surveyed		13.1	13.0	15.2	13.6	12.0	13.4	13.2	12.8	14.2	13.8	11.6	11.7
Quantity consumed in day:													
Average for users----grams		69.4											
Maximum----do		576											
Proportion of total sample using specified amounts, in grams:													
1- 16----percent	2 tbsp = 16 g	1.6	4.2	2.6	2.0	.9	1.9	.4	1.1	.7	1.8	.7	1.3
17- 32----do	1/4 cup = 32 g	1.9	2.4	2.4	3.5	.7	2.2	1.7	2.1	1.4	2.0	1.3	1.5
33- 64----do	1/2 cup = 64 g	3.6	3.4	5.6	3.0	2.7	2.1	3.9	3.1	3.1	3.8	2.7	3.3
65- 96----do	2/3 cup = 85 g	3.3	2.4	2.4	2.7	4.3	4.3	3.4	3.8	4.3	3.8	3.3	3.0
97-128----do	1 cup = 128 g	1.2	.4	1.4	1.5	1.4	1.1	1.6	1.1	1.8	.9	.9	.7
129-256----do	2 cups = 256 g	1.4	.3	.8	.8	1.6	.9	1.8	1.3	2.4	1.2	2.2	1.5
257-576----do	3 cups = 384 g	.2	0	.2	0	.3	.7	.3	.2	.4	.2	.7	.3
Number of times consumed in the day:													
Average for users----number		1.0											
Maximum----do		2											
Proportion of sample using:													
Once----percent		12.5	12.6	14.9	12.7	11.0	12.8	12.6	12.8	13.2	13.0	10.4	10.5
Twice----do		.6	.4	.3	.8	.9	.6	.6	0	1.0	.8	1.1	1.2
Largest quantity in any meal in a day:													
Average for users----grams		67.2											
Maximum----do		392											
Proportion of total sample using specified amounts, in grams:													
1- 16----percent	2 tbsp = 16 g	1.6	4.3	2.6	2.0	.9	1.9	.7	1.1	.7	2.0	.7	1.3
17- 32----do	1/4 cup = 32 g	1.9	2.4	2.6	3.7	.7	2.2	1.4	2.1	1.4	2.0	1.6	1.8
33- 64----do	1/2 cup = 64 g	3.6	3.4	5.4	3.0	2.7	2.2	3.9	3.1	3.1	4.0	2.7	3.0
65- 96----do	2/3 cup = 85 g	3.4	2.3	2.4	2.8	4.6	4.3	3.6	3.8	4.7	3.7	3.1	3.3
97-128----do	1 cup = 128 g	1.2	.4	1.4	1.2	1.2	1.1	1.6	1.1	2.2	.9	1.3	.8
129-256----do	2 cups = 256 g	1.2	.3	.8	.8	1.6	.8	1.7	1.3	1.7	1.1	1.8	1.2
257-392----do	3 cups = 384 g	.2	0	.2	0	.2	.7	.3	.2	.3	.2	.4	.2

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[1] Data from Survey of Food Intake of Individuals, excluding children under 3 years of age. Only half of the adults 20 to 64 were asked to supply information. To provide the proper representation, the numbers of persons in sex-age groups within this range were doubled for this table. Includes canned, frozen, or fresh cooked green snap and string beans, with and without fat. When portion size was not specified, estimates of 65 g were used. Items may not add to totals because of rounding.

TABLE 34.--Canned cooked whole-kernel corn consumed in a day by selected sex-age groups, United States, spring 1965[1]

Item and unit	Common measure and weight equivalent in grams	Total sample, weighted	Selected sex-age groups (M = male, F = female)										
			3-5 years M and F	9-11 years		15-17 years		20-34 years		35-54 years		65-74 years	
				M	F	M	F	M	F	M	F	M	F
Individuals sampled, weighted number--		17,810	1,397	663	597	561	532	1,396	1,676	2,050	2,444	450	599
Percent consuming on day surveyed--		8.7	10.2	10.0	10.4	10.2	9.8	12.5	9.6	9.2	6.4	4.4	5.7
Quantity consumed in day:													
Average for users----------grams---		103.9											
Maximum----------------------do----		448											
Proportion of total sample using specified amounts, in grams:													
1- 39-----------------percent--	2 tbsp = 21 g	1.2	3.1	1.5	2.0	1.8	1.3	.7	1.3	.4	.7	1.1	.7
40- 79--------------------do----	1/4 cup = 43 g	2.4	3.4	2.6	4.2	2.0	1.9	2.6	2.9	2.1	1.8	.9	2.5
80-119--------------------do----	1/2 cup = 85 g	2.2	1.9	2.6	1.5	2.8	2.6	3.1	3.0	2.2	2.0	1.1	1.5
120-159--------------------do----	3/4 cup = 128 g	1.7	1.4	2.2	2.0	1.8	3.0	3.1	1.7	2.0	1.6	.9	.7
160-239--------------------do----	1 cup = 170 g	.5	.2	.6	0	1.2	.4	1.3	.5	1.0	0	.4	.3
240-339--------------------do----	1-1/2 cups =255 g	.5	.1	.3	.2	.5	.6	1.3	.2	1.0	.1	0	0
340-448--------------------do----	2 cups = 340 g	.1	0	.2	.5	0	0	.3	0	.2	.1	0	0
Number of times consumed in the day:													
Average for users---------number---		1.0											
Maximum----------------------do----		2											
Proportion of total sample using:													
Once---------------------percent--		8.5	10.0	9.5	10.2	10.0	9.2	12.5	9.2	9.0	6.4	4.2	5.2
Twice----------------------do----		.2	.2	.4	.2	.2	.6	0	.4	.2	0	.2	.5
Largest quantity in any meal in a day:													
Average for users----------grams---		102.1											
Maximum----------------------do----		448											
Proportion of total sample using specified amounts, in grams:													
1- 39-----------------percent--	2 tbsp = 21 g	1.2	3.1	1.5	2.0	1.8	1.3	.7	1.3	.4	.7	1.1	.8
40- 79--------------------do----	1/4 cup = 43 g	2.4	3.5	2.7	4.2	2.0	1.9	2.6	3.0	2.2	1.8	.9	2.5
80-119--------------------do----	1/2 cup = 85 g	2.3	1.9	2.4	1.5	3.0	2.6	3.1	2.8	2.3	2.0	1.3	1.3
120-159--------------------do----	3/4 cup = 128 g	1.8	1.4	2.2	2.0	1.6	3.6	3.1	1.8	2.0	1.6	.7	.7
160-239--------------------do----	1 cup = 170 g	.5	.1	.6	.2	1.2	3.6	1.3	.5	1.0	0	.4	.3
240-339--------------------do----	1-1/2 cups = 255 g	.4	.1	.3	.2	.5	0	1.3	.1	1.0	.1	0	0
340-448--------------------do----	2 cups = 340 g	.1	0	.2	.3	0	0	.3	0	.2	.1	0	0

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[1] Data from Survey of Food Intake of Individuals, excluding children under 3 years of age. Only half of the adults 20 to 64 years of age were asked to supply information. To provide the proper representation, the numbers of persons in sex-age groups within this range were doubled for this table. Includes canned, frozen, and fresh-cooked corn, with and without fat, but excludes creamed or cream style corn. When portion size was not specified, an estimate of 85 g was used. Items may not add to totals because of rounding.

TABLE 35.--Cooked green peas consumed in a day by selected sex-age groups, United States, spring 1965[1/]

Item and unit	Common measure and weight equivalent in grams	Total sample, weighted	Selected sex-age groups (M = male, F = female)											
			3-5 years M and F	9-11 years		15-17 years		20-34 years		35-54 years		65-74 years	
				M	F	M	F	M	F	M	F	M	F
Individuals sampled, weighted number--		17,810	1,397	663	597	561	532	1,396	1,676	2,050	2,444	450	599
Percent consuming on day surveyed---		9.5	9.0	8.3	8.6	9.1	7.9	11.6	7.9	10.6	9.0	10.0	8.5
Quantity consumed in day:													
Average for users-----------grams---		81.0											
Maximum----------------------do----		504											
Proportion of total sample using specified amounts, in grams:													
1- 39-----------------percent--	2 tbsp = 20 g	2.1	4.6	2.7	2.2	.9	2.4	1.7	1.5	1.2	2.0	1.3	2.2
40- 59-------------------do----	1/4 cup = 41 g	1.4	1.7	1.2	2.2	1.1	.6	1.0	1.0	.9	1.5	1.8	1.3
60- 99-------------------do----	1/2 cup = 82 g	4.0	2.6	2.7	3.0	4.3	3.4	5.0	3.6	5.8	4.2	4.7	4.2
100-139-------------------do----	2/3 cup = 109 g	1.0	0	1.0	.7	1.4	.9	1.8	1.1	1.4	.9	.9	.3
140-179-------------------do----	1 cup = 164 g	.5	0	.3	.3	.9	.6	1.0	.6	1.0	.3	.2	.3
180-259-------------------do----	1-1/2 cups = 246 g	.3	.1	.3	.2	.3	0	.6	.1	.3	.2	.2	.2
260-504-------------------do----	2 cups = 328 g	.1	0	0	0	.2	0	.4	0	.2	0	.9	0
Number of times consumed in the day:													
Average for users-----------grams---		1.0											
Maximum----------------------do----		3											
Proportion of sample using:													
Once--------------------percent--		9.1	8.9	7.8	8.2	8.9	7.9	11.3	7.6	10.3	8.8	9.1	8.2
Twice----------------------do----		.3	.1	.4	.3	.2	0	.1	.2	.3	.2	.9	.3
Three times----------------do----		0	0	0	0	0	0	.1	0	0	0	0	0
Largest quantity in any meal in a day:													
Average for users-----------grams---		78.0											
Maximum----------------------do----		496											
Proportion of total sample using specified amounts, in grams:													
1- 39----------------- percent--	2 tbsp = 20 g	2.2	4.6	2.9	2.2	.9	2.4	1.8	1.5	1.3	2.0	1.3	2.2
40- 59--------------------do----	1/4 cup = 41 g	1.4	1.7	1.2	2.2	1.2	.6	.8	1.0	.9	1.6	1.8	1.3
60- 99--------------------do----	1/2 cup = 82 g	4.1	2.6	2.6	3.3	4.1	3.4	5.0	3.8	5.6	4.2	4.9	4.3
100-139--------------------do----	2/3 cup = 109 g	1.0	.1	1.2	.5	1.4	.9	1.8	1.1	1.4	.9	.9	.3
140-179--------------------do----	1 cup = 164 g	.5	0	.3	.2	.9	.6	1.1	.5	1.1	.3	.4	.2
180-259--------------------do----	1-1/2 cups = 246 g	.2	0	.2	.2	.3	0	.6	0	.3	.1	.4	.2
260-496--------------------do----	2 cups = 328 g	.1	0	0	0	.2	0	.3	0	.1	0	.2	0

[1/] Data from Survey of Food Intake of Individuals, excluding children under 3 years of age. Only half of the adults 20 to 64 years of age were asked to supply information. To provide the proper representation, the numbers of persons in sex-age groups within this range were doubled for this table. Includes canned, frozen, or fresh-cooked green or English peas, with and without fat or cream sauce. When portion size was not specified, an estimate of 83 g was used. Items may not add to totals because of rounding.

TABLE 36.--Soups consumed in a day by selected sex-age groups, United States, spring 1965[1]

Item and unit	Common measure and weight equivalent in grams	Total sample, weighted	Selected sex-age groups (M = male, F = female)											
			3-5 years M and F	9-11 years		15-17 years		20-34 years		35-54 years		65-74 years	
				M	F	M	F	M	F	M	F	M	F
Individuals sampled, weighted number--		17,810	1,397	663	597	561	532	1,396	1,676	2,050	2,444	450	599
Percent consuming on day surveyed--		11.5	17.9	9.5	13.9	9.3	7.7	10.5	13.1	11.0	9.4	16.0	13.9
Quantity consumed in day:													
Average for users----------grams---		280.9											
Maximum----------------------do----		1472											
Proportion of total sample using specified amounts, in grams:													
1- 149----------------percent--	1/2 cup = 125 g	1.2	3.8	.4	2.7	.5	.6	1.0	1.6	.4	.6	.4	.5
150- 209-------------------do----	3/4 cup = 188 g	2.8	6.7	3.6	2.5	1.6	2.1	1.7	3.3	2.3	1.9	2.7	3.2
210-279--------------------do----	1 cup = 250 g	4.6	5.5	3.6	5.2	3.9	2.8	3.2	5.8	4.5	4.3	6.7	7.0
280-399--------------------do----	1-1/2 cups = 375 g	1.4	.8	.6	1.0	1.0	1.7	2.4	1.3	1.5	1.5	2.2	1.8
400-549--------------------do----	2 cups = 500 g	1.1	.9	.6	1.7	.9	.4	1.8	.7	1.8	1.0	3.1	1.0
550-1472-------------------do----	3 cups = 750 g	.4	.1	.6	.8	1.2	0	.3	.2	.4	.1	.9	.3
Number of times consumed in the day:													
Average for users---------number--		1.0											
Maximum----------------------do----		3											
Proportion of sample using:													
Once-------------------percent--		10.9	16.9	8.7	12.2	9.3	7.3	10.2	12.9	10.5	9.0	14.0	12.4
Twice--------------------do----		.6	1.0	.8	1.7	0	.4	.3	.2	.5	.4	1.8	1.5
Three times---------------do----		(2/)	0	0	0	0	0	0	0	0	0	.2	0
Largest quantity in any meal in a day:													
Average for users----------grams---		266.0											
Maximum----------------------do----		1000											
Proportion of total sample using specified amounts, in grams:													
1- 149----------------percent--	1/2 cup = 125 g	1.1	3.9	.4	2.7	.5	.7	1.0	.7	.4	.6	.7	.7
150- 209-------------------do----	3/4 cup = 188 g	2.9	6.7	3.6	2.7	1.6	2.1	1.8	3.3	2.3	1.9	3.1	3.8
210- 279-------------------do----	1 cup = 250 g	4.8	6.1	3.9	6.0	3.9	3.2	3.2	5.7	4.8	4.6	7.1	7.2
280- 399-------------------do----	1-1/2 cups = 375 g	1.4	.7	.9	1.2	1.0	1.5	2.4	1.4	1.6	1.5	2.0	1.2
400- 549-------------------do----	2 cups = 500 g	.9	.4	.3	.8	.9	.2	1.8	.7	1.6	.7	2.7	.8
550-1000-------------------do----	3 cups = 750 g	.2	0	.3	.5	1.2	0	.1	.1	.2	.1	.4	.2

1/ Data from Survey of Food Intake of Individuals, excluding children under 3 years of age. Only half of the adults 20 to 64 years of age were asked to supply information. To provide the proper representation, the numbers of persons in sex-age groups within this range were doubled for this table. Includes soups with meat, fish, chicken, legumes, vegetables, and/or cereals. When portion size was not specified, an estimate was made in grams equivalent to 3/4 cup, depending upon the kind of soup, usually 180 to 191 g. Items may not add to totals because of rounding.

2/ Less than 0.05 percent.

CANNED AND COOKED FRUITS

Nearly 5 percent (4.7) of the sample ate canned or cooked apples or applesauce on the day surveyed (table 37). Servings in the 1/3 to 1/2 cup interval were most frequent and the average size of serving was 115.7 g. Children 3 to 5 years of age and men and women 65 years or older were more likely to eat cooked apples or sauce than other sex-age groups of individuals.

A slightly larger percentage of the sample (5.8 percent) consumed one or more of these canned or cooked fruits--peaches, pineapple, pears, or plums--on the day for which their diets were reported (table 38). They were most frequent in diets of the elderly, appearing in 9.8 percent of men's diets and 8.7 percent of the women's. Although the weights per cup of these fruits vary some, they run about 240 g per cup. The most popular portion sizes were in the 1/3 to 1/2 cup range. The largest serving at any one meal averaged 128.1 g for those consuming these fruits. Few consumers ate them in more than one meal.

Canned and cooked berries were eaten much less often than the preceding two groups of cooked fruits, being consumed by less than 1 percent (0.9) (table 39). No one interval of serving sizes predominated, as shown by the 0.2 percentage figure in each of the intervals 1 to 48, 49 to 112, and 113 to 177 g. However, the average serving size was 106.7 g in any meal.

FRUIT AND VEGETABLE JUICES

Almost 18 percent of the U.S. sample consumed orange juice (table 40). Elderly people consumed orange juice less frequently (12.4 to 13.3 percent). Servings in the 120- to 149-g interval (includes 1/2 cup) were most common and the interval including 3/4 cup servings ranked next in frequency. A few people reported drinking orange juice four to eight times a day but once a day was the usual pattern.

Grapefruit juice was consumed by 1.1 percent of the U.S. sample (table 41). It was less popular with children than with adults over 35 years of age, especially the women 65 to 74 years of age. The most common serving size overall was in the 120- to 179-g interval (in which 1/2 cup occurred) but children 3 to 5 years consumed a smaller serving most often. Very few persons had more than one serving in a day and the amount per meal averaged 169.3 (about 2/3 cup).

Tomato juice or vegetable juice cocktail was consumed by 1.8 percent of the 3 year olds and over during the one day (table 42). These juices were most popular with the elderly (3 percent) and least so with the young children (0.5 percent). More than twice as many 15- to 17-year old girls as boys reported consuming a juice in this group although this was the only group showing such a sex difference. The greatest number of servings was in the 120- to 149-g interval (in which the 1/2 cup measure occurred).

TABLE 37.--Canned and cooked apples and applesauce consumed in a day by selected sex-age groups, United States, spring 1965[1]

Item and unit	Common measure and weight equivalent in grams	Total sample, weighted	Selected sex-age groups (M = male, F = female) 3-5 years M and F	9-11 years M	9-11 years F	15-17 years M	15-17 years F	20-34 years M	20-34 years F	35-54 years M	35-54 years F	65-74 years M	65-74 years F
Individuals sampled, weighted number---		17,810	1,397	663	597	561	532	1,396	1,676	2,050	2,444	450	599
Percent consuming on day surveyed---		4.7	6.4	5.3	4.7	4.8	5.8	3.6	3.8	3.6	3.4	6.2	6.2
Quantity consumed in day:													
Average for users-----------grams---		122.2											
Maximum----------------------do----		764											
Proportion of total sample using specified amounts, in grams:													
1- 32-----------------percent--	2 tbsp = 31 g	.4	.6	.6	.3	.4	.2	.1	.5	.2	.2	.4	1.0
33- 64--------------------do----	1/4 cup = 62 g	.9	1.4	1.2	.8	1.1	1.7	.6	.5	.7	.9	1.1	1.2
65-129--------------------do----	1/2 cup = 124 g	2.0	2.9	2.2	2.3	2.1	2.8	1.1	1.8	1.6	1.1	3.1	2.3
130-193-------------------do----	2/3 cup = 165 g	.8	1.1	.9	.7	.7	.9	.6	.6	.4	1.0	.2	1.2
194-258-------------------do----	1 cup = 247 g	.3	.4	.2	.2	.2	.2	.8	.5	.1	.1	.9	.3
259-386-------------------do----	1-1/2 cups = 371 g	.2	.1	0	.3	.3	0	.1	0	.4	0	.4	.2
387-764-------------------do----	2 cups - 494 g	(2/)	0	.2	0	0	0	0	0	.2	0	0	0
Number of times consumed in the day:													
Average for users----------number---		1.1											
Maximum----------------------do----		3											
Proportion of sample using:													
Once------------------percent--		4.4	6.3	5.0	4.7	4.4	5.4	3.3	3.8	3.3	3.0	5.6	5.8
Twice--------------------do----		.3	.1	.3	0	.4	.4	.3	.0	.2	.3	.7	.3
Three times--------------do----		0	0	0	0	0	0	0	0	.1	0	0	0
Largest quantity in any meal in a day:													
Average for users-----------grams---		115.7											
Maximum----------------------do----		764											
Proportion of total sample using specified amounts, in grams:													
1- 32-----------------percent--	2 tbsp = 31 g	.4	.6	.6	.3	.4	.2	.3	.5	.2	.3	.4	1.0
33- 64--------------------do----	1/4 cup = 62 g	1.0	1.4	1.4	.8	1.1	2.1	.4	.5	.7	.9	1.3	1.3
65-129--------------------do----	1/2 cup = 124 g	2.0	2.9	2.1	2.3	2.1	2.4	1.3	1.8	1.8	1.1	2.9	2.3
130-193-------------------do----	2/3 cup = 165 g	.9	1.2	.9	.7	.9	.9	.7	.6	.6	1.0	.4	1.0
194-258-------------------do----	1 cup = 247 g	.3	.3	.3	.2	.2	.2	.7	.5	.1	0	1.1	.3
259-386-------------------do----	1-1/2 cups = 371 g	.1	.1	0	.3	.2	0	.1	0	.1	0	0	.2
387-764-------------------do----	2 cups = 494 g	(2/)	0	0	0	0	0	0	0	.2	0	0	0

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[1] Data from Survey of Food Intake of Individuals, excluding children under 3 years of age. Only half of the adults 20 to 64 years of age were asked to supply information. To provide the proper representation, the numbers of persons in sex-age groups within this range were doubled for this table. Includes baked apples. When portion size was not specified, an estimate of 127 g was used for applesauce with sugar or 120 g for applesauce without sugar. Items may not add to totals because of rounding.

[2] Less than 0.05 percent.

TABLE 38.--Canned and cooked peaches, pineapple, pears, and plums consumed in a day by selected sex-age groups, United States, spring 1965[1]

Item and unit	Common measure and weight equivalent in grams	Total sample, weighted	Selected sex-age groups (M = male, F = female)										
			3-5 years M and F	9-11 years		15-17 years		20-34 years		35-54 years		65-74 years	
				M	F	M	F	M	F	M	F	M	F
Individuals sampled, weighted numbers--		17,810	1,397	663	597	561	532	1,396	1,676	2,050	2,444	450	599
Percent consuming on day surveyed:		5.8	3.3	6.3	5.4	5.5	5.3	4.6	3.7	5.7	6.4	9.8	8.7
Quantity consumed in day:													
Average for users-----------grams---		133.3											
Maximum-------------------------do----		707											
Proportion of total sample using													
1- 32---------------------percent--	2 tbsp = 30 g	.3	.4	.3	.2	.2	.6	0	.1	.2	.4	.4	.5
33- 64------------------------do----	1/4 cup = 61 g	.8	1.0	.3	.8	.7	.8	.6	.5	.4	1.2	1.1	1.7
65-129------------------------do----	1/2 cup = 120 g	3.0	1.0	3.5	3.3	3.0	2.4	1.8	2.1	2.6	3.8	4.9	4.5
130-193-----------------------do----	2/3 cup = 160 g	.9	.6	1.2	.6	.7	1.5	1.1	.4	.9	.2	1.5	1.5
194-258-----------------------do----	1 cup = 240 g	.7	.3	.9	.3	.9	0	.7	.5	1.2	.6	1.3	.3
259-386-----------------------do----	1-1/2 cups = 360 g	.1	0	.2	0	0	0	.1	.1	.2	0	.4	.2
387-707-----------------------do----	2 cups = 480 g	.1	0	0	0	0	0	.1	0	.1	.1	0	0
Number of times consumed in the day:													
Average for users----------number---		1.1											
Maximum-------------------------do----		3											
Proportion of sample using:													
Once---------------------percent--		5.5	3.2	6.2	5.4	5.5	5.1	4.4	3.7	5.1	6.1	9.1	8.0
Twice-----------------------do----		.3	.1	.2	0	0	.2	.1	0	.6	.2	.7	.7
Three times-----------------do----		(2/)	0	0	0	0	0	0	0	0	0	0	0
Largest quantity in any meal in a day:													
Average for users-----------grams---		128.1											
Maximum-------------------------do----		514											
Proportion of total sample using specified amounts, in grams:													
1- 32-------------------percent--	2 tbsp = 30 g	.3	.4	.3	.2	.2	.6	0	.1	.2	.4	.4	.5
33- 64----------------------do----	1/4 cup = 61 g	.8	1.0	.3	.8	.7	.8	.6	.5	.4	1.4	1.1	1.7
65-129----------------------do----	1/2 cup = 120 g	3.1	1.1	3.5	3.3	3.0	2.6	1.8	2.1	2.9	3.7	5.3	5.0
130-193---------------------do----	2/3 cup = 160 g	.9	.5	1.2	.6	.7	1.3	1.1	.4	.9	.2	1.8	1.2
194-258---------------------do----	1 cup = 240 g	.6	.3	1.0	.3	.9	0	.8	.5	1.1	.5	.9	.3
259-386---------------------do----	1-1/2 cups = 360 g	(2/)	0	0	0	0	0	.1	.1	.1	0	.2	0
387-514---------------------do----	2 cups = 480 g	(2/)	0	0	0	0	0	0	0	.1	.1	0	0

[1] Data from Survey of Food Intake of Individuals, excluding children under 3 years of age. Only half of the adults 20 to 64 years of age were asked to supply information. To provide the proper representation, the numbers of persons in sex-age groups within this range were doubled for this table. When portion size was not specified, an estimate of 128 to 130 g was used, depending upon the fruit. Items may not add to totals because of rounding.

[2] Less than 0.05 percent.

TABLE 39.--Canned and cooked berries consumed in a day by selected sex-age groups, United States, spring 1965[1]

Item and unit	Common measure and weight equivalent in grams	Total sample, weighted	Selected sex-age groups (M = male, F = female)										
			3-5 years M and F	9-11 years		15-17 years		20-34 years		35-54 years		65-74 years	
				M	F	M	F	M	F	M	F	M	F
Individuals sampled, weighted number--		17,810	1,397	663	597	561	532	1,396	1,676	2,050	2,444	450	599
Percent consuming on day surveyed---		.9	.7	1.2	.8	1.2	.8	1.2	.5	.9	1.0	1.1	1.2
Quantity consumed in day:													
Average for users-----------grams---		110.0											
Maximum-----------------------do----		500											
Proportion of total sample suing specified amounts, in grams:													
1- 48------------------percent--	2 tbsp = 30 g	.2	.3	.3	.3	.4	.2	.4	.1	.1	.2	0	.3
49-112--------------------do----	1/4 cup = 61 g	.2	.1	.2	.2	0	0	.4	.2	.4	.4	.2	0
113-177-------------------do----	1/2 cup = 122 g	.2	.1	.4	.3	.7	.2	.3	.1	.2	.2	.7	.2
178-258-------------------do----	1 cup = 244 g	.1	.1	.3	0	.2	.4	0	0	.1	.1	.2	.5
259-500-------------------do----	1-1/2 cups = 366 g	(2/)	0	0	0	0	0	0	.1	0	0	0	.2
Number of times consumed in the day:													
Average for users-----------grams---		1.1											
Maximum-----------------------do----		2											
Proportion of sample using:													
Once--------------------percent--		.9	.7	1.2	.8	1.2	.8	1.1	.5	.9	1.0	1.1	1.2
Twice----------------------do----		(2/)	0	0	0	0	0	0	0	0	0	0	0
Largest quantity in any meal in a day:													
Average for users-----------grams---		106.7											
Maximum-----------------------do----		368											
Proportion of total sample using specified amounts, in grams:													
1- 48------------------percent--	2 tbsp = 30 g	.2	.3	.3	.3	.4	.2	.4	.1	.1	.2	0	.3
49-112--------------------do----	1/4 cup = 61 g	.2	.1	.2	.2	0	0	.4	.2	.4	.4	.2	0
113-177-------------------do----	1/2 cup = 122 g	.2	.1	.4	.3	.7	.2	.3	.1	.2	.2	.7	.2
178-258-------------------do----	1 cup = 244 g	.1	.1	.3	0	.2	.4	0	0	.1	.1	.2	.5
259-368-------------------do----	1-1/2 cups = 366 g	(2/)	0	0	0	0	0	0	0	.	0	0	.2

1/ Data from Survey of Food Intake of Individuals, excluding children under 3 years of age. Only half of the adults 20 to 64 years of age were asked to supply information. To provide the proper representation, the numbers of persons in sex-age groups within this range were doubled for this table. When portion size was not specified, an estimate of 120 to 128 g was used, depending upon the kind of berry. Items may not add to totals because of rounding.

2/ Less than 0.05 percent.

Table 40.--Orange juice consumed in a day by selected sex-age groups, United States, spring 1965[1]

Item and unit	Common measure and weight equivalent in grams	Total sample, weighted	Selected sex-age groups (M = male, F = female)										
			3-5 years M and F	9-11 years		15-17 years		20-34 years		35-54 years		65-74 years	
				M	F	M	F	M	F	M	F	M	F
Individuals sampled, weighted number---		17,810	1,397	663	597	561	532	1,396	1,676	2,050	2,444	450	599
Percent consuming on day surveyed---		17.6	18.6	21.0	18.6	18.5	18.0	18.1	16.0	18.2	17.3	13.3	12.4
Quantity consumed in day:													
Average for users----------grams---		185.5											
Maximum----------------------do----		1,984											
Proportion of total sample using specified amounts, in grams:													
1- 119----------------percent--	1/4 cup = 63 g	.9	1.1	1.4	.2	1.1	.6	.7	1.5	.8	1.2	.2	.8
120- 149------------------do----	1/2 cup = 120 g	8.0	9.2	10.0	10.2	6.4	7.3	7.2	7.8	8.6	7.8	6.4	5.2
150- 209------------------do----	3/4 cup = 188 g	5.4	4.7	6.2	6.0	5.2	7.3	6.0	3.8	6.0	5.2	4.0	3.5
210- 279------------------do----	1 cup = 250 g	2.2	2.4	2.1	1.5	3.4	1.9	2.7	2.0	2.0	1.9	2.0	2.3
280- 399------------------do----	1-1/2 cups = 375 g	.6	.6	.8	.5	1.2	.4	.7	.5	.4	.6	0	0
400- 549------------------do----	2 cups = 500 g	.2	.2	.6	0	.5	.2	.3	.1	.1	.4	.4	.3
550-1984------------------do----	4 cups = 1000 g	.2	.4	0	.2	.7	.4	.4	.2	.4	.1	.2	.2
Number of times consumed in the day:													
Average for users---------number---		1.1											
Maximum----------------------do----		8											
Proportion of sample using:													
Once--------------------percent--		16.8	16.9	20.5	18.4	17.3	17.3	17.2	15.3	17.8	16.3	12.7	11.8
Twice----------------------do----		.7	1.6	.4	0	1.2	.6	.8	.5	.5	.8	.4	.3
Three times----------------do----		.1	.1	0	0	0	.2	0	.2	0	.2	0	.2
Four to eight times--------do----		(2/)	0	0	.2	0	0	0	0	0	0	.2	0
Largest quantity in any meal in a day:													
Average for users----------grams---		175.8											
Maximum----------------------do----		752											
Proportion of total sample using specified amounts, in grams:													
1-119-----------------percent--	1/4 cup = 63 g	.9	1.2	1.4	.2	1.1	.6	.7	1.5	.8	1.2	.2	.7
120-149-------------------do----	1/2 cup = 120 g	8.3	10.1	10.0	10.2	6.4	7.5	7.6	7.9	8.6	8.2	6.4	5.5
150-209-------------------do----	3/4 cup = 188 g	5.6	5.1	6.3	6.2	5.7	7.5	6.2	4.0	6.2	5.4	4.0	3.7
210-279-------------------do----	1 cup = 250 g	2.2	1.5	2.4	1.5	3.4	1.9	2.3	2.3	2.0	2.0	2.7	2.0
280-399-------------------do----	1-1/2 cups = 375 g	.4	.4	.6	.5	1.2	.4	.8	.1	.4	.3	.8	0
400-549-------------------do----	2 cups = 500 g	.1	.2	.3	0	.5	.2	.3	.1	.1	.1	.3	.3
550-752-------------------do----	3 cups = 750 g	.1	.1	0	0	.2	0	.1	0	.2	0	0	0

[1] Data from Survey of Food Intake of Individuals, excluding children under 3 years of age. Only half of the adults 20 to 64 years of age were asked to supply information. To provide the proper representation, the numbers of persons in sex-age groups within this range were doubled for this table. Includes fresh, frozen and canned orange juice, both unsweetened and sweetened. When portion size was not specified, an estimate of 125 g was used. Items may not add to totals because of rounding.

[2] Less than 0.05 percent.

TABLE 41.--Grapefruit juice consumed in a day by selected sex-age groups, United States, spring 1965[1/]

Item and unit	Common measure and weight equivalent in grams	Total sample, weighted	Selected sex-age groups (M = male, F = female)										
			3-5 years M and F	9-11 years		15-17 years		20-34 years		35-54 years		65-74 years	
				M	F	M	F	M	F	M	F	M	F
Individuals sampled, weighted number---		17,810	1,397	663	597	561	532	1,396	1,676	2,050	2,444	450	599
Percent consuming on day surveyed---		1.1	.6	.9	.2	.5	.8	1.2	.7	1.8	1.7	1.6	2.5
Quantity consumed in day:													
Average for users-----------grams---		173.9											
Maximum-----------------------do----		494											
Proportion of total sample using specified amounts, in grams:													
1-119-----------------percent--	1/4 cup = 62 g	(2/)	.3	0	0	0	0	0	0	.1	.1	0	.5
120-179-------------------do----	1/2 cup = 124 g	.5	.1	.4	0	.2	.6	.4	.5	.6	.8	1.1	1.7
180-239-------------------do----	3/4 cup = 186 g	.3	.3	.3	.2	.4	.2	.6	.1	.5	.6	.2	0
240-494-------------------do----	1 cup = 248 g	.2	0	.2	0	0	0	.1	.1	.6	.2	.2	.3
Number of times consumed in the day:													
Average for users----------number---		1.0											
Maximum-----------------------do----		3											
Proportion of sample using:													
Once--------------------percent--		1.1	.5	.9	.2	.5	.8	1.1	.7	1.6	1.6	1.6	2.5
Twice---------------------do----		(2/)	.1	0	0	0	0	0	0	0	.1	0	0
Three times---------------do----		(2/)	0	0	0	0	0	0	0	.1	0	0	0
Largest quantity in any meal in a day:													
Average for users-----------grams---		169.3											
Maximum-----------------------do----		494											
Proportion of total sample using specified amounts, in grams:													
1-119-----------------percent--	1/4 cup = 62 g	.1	.4	0	0	0	0	0	0	.1	.1	0	.5
120-179-------------------do----	1/2 cup = 124 g	.5	.1	.4	0	.2	.6	.4	.5	.7	.9	1.1	1.7
180-239-------------------do----	3/4 cup = 186 g	.3	.1	.3	.2	.4	.2	.6	.1	.5	.6	.2	0
240-494-------------------do----	1 cup = 248 g	.1	0	.2	0	0	0	.1	.1	.5	.2	.2	.3

1/ Data from Survey of Food Intake of Individuals, excluding children under 3 years of age. Only half of the adults 20 to 64 years of age were asked to supply information. To provide the proper representation, the numbers of persons in sex-age groups within this range were doubled for this table. Includes fresh, frozen, and canned grapefruit juice. When portion size was not specified, an estimate of 125 g was used. Items may not add to totals because of rounding.

2/ Less than 0.05 percent.

TABLE 42.--Tomato juice and vegetable juice cocktail consumed in a day by selected sex-age groups, United States, spring 1965[1/]

Item and unit	Common measure and weight equivalent in grams	Total sample, weighted	Selected sex-age groups (M = male, F = female)											
			3-5 years M and F	9-11 years		15-17 years		20-34 years		35-54 years		65-74 years		
				M	F	M	F	M	F	M	F	M	F	
Individuals sampled, weighted number--		17,810	1,397	663	597	561	532	1,396	1,676	2,050	2,444	450	599	
Percent consuming on day surveyed---		1.8	.5	.6	.8	.9	2.3	2.4	2.4	2.4	1.9	3.1	3.0	
Quantity consumed in day:														
Average for users------------grams--		201												
Maximum------------------------do---		960												
Proportion of total sample using specified amounts, in grams:														
1-119-----------------percent--	1/4 cup = 63 g	.1	.1	0	0	0	.2	.1	.1	.2	.1	0	0	
120-149--------------------do----	1/2 cup = 120 g	.8	.1	0	.3	.2	1.1	.7	1.1	1.2	1.2	1.8	1.5	
150-209--------------------do----	3/4 cup = 188 g	.5	.1	.3	.3	.3	.9	1.0	.4	.5	.2	.9	.7	
210-279--------------------do----	1 cup = 250 g	.2	.2	.2	0	.2	0	.1	.7	.2	0	.4	.7	
280-960--------------------do----	2 cups = 500 g	.2	0	.1	.2	.2	0	.4	.1	.3	.3	0	.1	
Number of times consumed in the day:														
Average for users -----------number--		1												
Maximum------------------------do---		3												
Proportion of total sample using:														
Once---------------------percent--		1.7	.5	.4	.7	.9	2.3	2.4	2.1	2.1	1.6	3.1	3.0	
Twice-----------------------do----		.1	0	.2	.1	0	0	0	.2	.1	.2	0	0	
Three times-----------------do----		(2/)	0	0	0	0	0	0	0	.1	0	0	0	
Largest quantity in any meal in a day:														
Average for users------------grams--		183												
Maximum------------------------do----		960												
Proportion of total sample using specified amounts, in grams:														
1- 119----------------percent--	1/4 cup = 63 g	.1	.1	0	0	0	.2	.1	.1	.2	.1	0	0	
120-149-------------------do----	1/2 cup = 120	.9	.1	0	.3	.2	1.1	.7	1.2	1.2	1.2	1.8	1.5	
150-209-------------------do----	3/4 cup = 188 g	.5	.1	.4	.3	.3	.9	1.0	.5	.5	.4	.9	.7	
210-279-------------------do----	1 cup = 250 g	.2	.2	.2	0	.2	0	.1	.6	.2	.1	.4	.7	
280-960-------------------do----	2 cups = 500 g	.1	0	0	.2	.2	0	.4	0	.3	.1	0	.2	

[1/] Data from Survey of Food Intake of Individuals, excluding children under 3 years of age. Only half of the adults 20 to 64 years of age were asked to supply information. To provide the proper representation, the numbers of persons in sex-age groups within this range were doubled for this table. When portion size was not specified, an estimate of 120 g was used. Items may not add to totals because of rounding.

[2/] Less than 0.05 percent.

FRUITADES AND SYNTHETIC DRINKS

Just over 2 percent (2.2) of the total population had lemonade on the survey day, being most popular among the 20 to 34-year old adults, the 9- to 11-year old girls and the teenage boys and least popular with the elderly (table 43). Over 50 percent of the users reported serving sizes in the 240- to 359-g interval (which included 1 cup). The average serving size was 335 g, about 1-1/3 cups.

Fruitades, containing varying amounts of fruit juices, were consumed by 2.6 percent of the individuals, being popular among children (table 44). Twice as many boys as girls, 15 to 17 years of age, consumed fruitades, but the situation was reversed for the 20- to 34 year olds. The average size serving was 243 g (just under 1 cup). Of the 3- to 5-year old children who consumed fruitades almost three-fifths had servings less than 1 cup, but older children and teenagers consumed larger portions.

Reconstituted, fruit-flavored synthetic drinks with vitamin C were consumed by almost 1 percent (0.8) of the sample, being most popular among the children and teenage boys and least with the elderly (table 45). The older children, teenagers, and the young adults consumed servings in the intervals including 1 to 2 cups more frequently than the other sex-age groups.

TABLE 43.--Lemonade consumed in a day by selected sex-age groups, United States, spring 1965[1/]

Item and unit	Common measure and weight equivalent in grams	Total sample, weighted	Selected sex-age groups (M = male, F = female)										
			3-5 years M and F	9-11 years		15-17 years		20-34 years		35-54 years		65-74 years	
				M	F	M	F	M	F	M	F	M	F
Individual sampled, weighted number----		17,810	1,397	663	597	561	532	1,396	1,676	2,050	2,444	450	599
Percent consuming on day surveyed----		2.2	2.3	2.3	3.5	3.0	1.9	3.4	3.0	2.2	2.5	0	1.7
Quantity consumed in day:													
Average for users------------grams---		401.1											
Maximum-----------------------do----		2,170											
Proportion of total sample using specified amounts, in grams:													
1- 119-----------------percent--	1/4 cup = 62 g	(2/)	.1	0	0	0	0	0	0	0	0	0	0
120- 239-------------------do----	1/2 cup = 124 g	.3	.9	.3	.3	.2	.2	.1	.4	0	.3	0	.3
240-359--------------------do----	1 cup = 248 g	1.2	1.1	1.6	2.2	1.2	.9	2.0	2.0	1.0	1.2	0	.7
360- 499-------------------do----	2 cups = 496 g	.4	.2	.2	.8	.5	.6	.8	.3	.6	.6	0	.7
500- 759-------------------do----	3 cups = 744 g	.2	0	.2	.2	.3	.2	.1	.1	.4	.2	0	0
760-2170-------------------do----	5 cups = 1240 g	.1	0	0	0	.7	0	0	.1	.2	.2	0	0
Number of times consumed in the day:													
Average for users-----------number---		1.2											
Maximum-----------------------do----		3											
Proportion of sample using:													
Once--------------------percent--		1.9	1.9	2.0	3.2	2.1	1.1	3.0	2.7	2.0	1.9	0	1.3
Twice----------------------do----		.3	.4	.3	.3	.9	.6	.4	.1	.2	.6	0	.3
Three times----------------do----		(2/)	0	0	0	0	.2	0	.1	0	0	0	0
Largest quantity in any meal in a day:													
Average for users------------grams---		335.0											
Maximum-----------------------do----		1,240											
Proportion of total sample using specified amounts, in grams:													
1- 119-----------------percent--	1/4 cup = 62 g	(2/)	.1	0	0	0	0	0	0	0	0	0	0
120- 239-------------------do----	1/2 cup = 124 g	.3	1.1	.3	.3	.2	.2	.1	.4	0	.4	0	.7
240- 359-------------------do----	1 cup = 248 g	1.4	1.1	1.8	2.5	1.6	1.7	2.3	2.3	1.1	1.5	0	.7
360- 499-------------------do----	2 cups = 496 g	.3	0	.2	.5	.4	0	.7	.3	.6	.4	0	.2
500- 759-------------------do----	3 cups = 744 g	.1	0	0	.2	.5	0	.1	0	.4	.1	0	0
760-1240-------------------do----	5 cups = 1240 g	.1	0	0	0	.4	0	.1	0	.1	.1	0	0

[1/] Data from Survey of Food Intake of Individuals, excluding children under 3 years of age. Only half of the adults 20 to 64 years of age were asked to supply information. To provide the proper representation, the numbers of persons in sex-age groups within this range were doubled for this table. Includes fresh and frozen lemonade. When portion size was not specified, an estimate of 248 g was used. Items may not add to totals because of rounding.

[2/] Less than 0.05 percent.

TABLE 44.--Fruitades consumed in a day by selected sex-age groups, United States, spring 1965 1/

Item and unit	Common measure and weight equivalent in grams	Total sample, weighted	Selected sex-age groups (M = male, F = female)										
			3-5 years M and F	9-11 years		15-17 years		20-34 years		35-54 years		65-74 years	
				M	F	M	F	M	F	M	F	M	F
Individuals sampled, weighted number---		17,810	1,397	663	597	561	532	1,396	1,676	2,050	2,444	450	599
Percent consuming on day surveyed----		2.6	4.9	5.1	3.5	3.8	1.9	1.6	3.1	1.9	1.7	1.6	1.3
Quantity consumed in day:													
Average for users-------------grams--		268											
Maximum-------------------------do---		1,480											
Proportion of total sample using specified amounts, in grams:													
1- 119-------------------percent--	1/4 cup = 62 g	.1	.3	.1	0	.2	0	0	.3	.1	.1	0	0
120- 239----------------------do----	1/2 cup = 124 g	1.1	2.5	.9	1.5	.9	.2	.7	1.7	.6	.8	.9	.7
240- 359----------------------do----	1 cup = 248 g	1.0	1.4	2.3	1.7	1.1	1.1	.6	1.0	.8	.6	0	.2
360- 499----------------------do----	2 cups = 496 g	.3	.6	1.3	.2	.5	.4	.3	.1	.4	.1	.4	.2
500- 759----------------------do----	3 cups = 744 g	.1	.1	.2	.2	1.1	.2	0	0	0	.1	.2	.3
760-1480----------------------do----	5 cups = 1240 g	(2/)	0	.3	0	0	0	0	0	0	0	0	0
Number of times consumed in the day:													
Average for users------------number---		1.2											
Maximum-------------------------do----		5											
Proportion of sample using:													
Once----------------------percent--		2.3	4.2	4.1	3.2	2.9	1.7	1.4	3.0	1.9	1.5	1.3	1.0
Twice-----------------------do----		.2	.6	1.0	.2	.5	.2	.1	.1	0	0	.2	.3
Three times-----------------do----		(2/)	.1	0	.2	.4	0	0	0	0	.1	0	0
Four or five times-----------do----		(2/)	0	0	0	0	0	0	0	0	.1	0	0
Largest quantity in any meal in a day:													
Average for users-------------grams---		243											
Maximum-------------------------do----		1,225											
Proportion of total sample using specified amounts, in grams:													
1- 119-------------------percent--	1/4 cup = 62 g	.1	.3	.2	0	.2	0	0	.3	.1	.2	0	0
120- 239----------------------do----	1/2 cup = 124 g	1.1	2.8	.9	1.7	.9	.2	.7	1.8	.6	.9	.9	.7
240- 359----------------------do----	1 cup = 248 g	1.1	1.7	3.0	1.8	1.4	1.3	.7	.8	.8	.6	.2	.5
360- 499----------------------do----	2 cups = 496 g	.2	.1	.7	0	1.1	.4	.1	.1	.4	.1	.4	.2
500- 759----------------------do----	3 cups = 744 g	(2/)	0	.0	0	.2	0	0	0	0	0	0	0
760-1225----------------------do----	4 cups = 868 g	(2/)	0	.3	0	0	0	0	0	0	0	0	0

1/ Data from Survey of Food Intake of Individuals, excluding children under 3 years of age. Only half of the adults 20 to 64 years of age were asked to supply information. To provide the proper representation, the numbers of persons in sex-age groups within this range were doubled for this table. When portion size was not specified, an estimate of 245 to 250 g was usually used. Items may not add to totals because of rounding.

2/ Less than 0.05 percent.

TABLE 45.--Reconstituted, fruit-flavored synthetic drinks with vitamin C consumed in a day by selected sex-age groups, United States, spring 1965[1]

Item and unit	Common measure and weight equivalent in grams	Total sample, weighted	Selected sex-age groups (M = male, F = female)										
			3-5 years M and F	9-11 years		15-17 years		20-34 years		35-54 years		65-74 years	
				M	F	M	F	M	F	M	F	M	F
Individuals sampled, weighted number		17,810	1,397	663	597	561	532	1,396	1,676	2,050	2,444	450	599
Percent consuming on day surveyed		.8	1.0	1.2	2.2	1.6	.8	.7	.7	.7	.7	0	.2
Quantity consumed in day:													
Average for users----grams		230											
Maximum----do		992											
Proportion of total sample using specified amounts, in grams:													
1-119----percent	1/4 cup = 63 g	.2	.1	.1	.7	.4	.4	.3	0	.1	.2	0	0
120-149----do	1/2 cup = 120 g	.1	.1	.3	.2	.4	0	0	.1	0	0	0	.2
150-209----do	3/4 cup = 188 g	.2	.4	.3	.3	0	0	0	.2	.4	.2	0	0
210-279----do	1 cup = 250 g	.2	.2	.3	.8	.4	.2	.1	.2	.2	.2	0	0
280-992----do	2 cups = 500 g	.1	.1	.2	.2	.4	.2	.2	.1	0	0	0	0
Number of times consumed in the day:													
Average for users----number		1											
Maximum----do		3											
Proportion of sample using:													
Once----percent		.7	.9	1.2	2.0	1.4	.8	.6	.5	.7	.7	0	.2
Twice----do		.1	.1	0	.2	.2	0	0	.2	0	0	0	0
Three times----do		(2/)	0	0	0	0	0	.1	0	0	0	0	0
Largest quantity in any meal in a day:													
Average for users----grams		233											
Maximum----do		538											
Proportion of total sample using specified amounts, in grams:													
1-119----percent	1/4 cup = 63 g	.2	.1	.1	.7	.3	.4	.3	.1	.1	.2	0	0
120-149----do	1/2 cup = 120 g	.1	.1	.3	.2	.4	0	0	0	0	0	0	.2
150-209----do	3/4 cup = 188 g	.2	.4	.3	.3	.2	0	0	.2	.4	.2	0	0
210-279----do	1 cup = 250 g	.2	.3	.3	.8	.4	.2	.1	.2	.2	.2	0	0
280-538----do	2 cups = 500 g	.1	0	.2	.2	.3	.2	.3	.1	0	0	0	0

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[1] Data from Survey of Food Intake of Individuals, excluding children under 3 years of age. Only half of the adults 20 to 64 years of age were asked to supply information. To provide the proper representation, the numbers of persons in sex-age groups within this range were doubled for this table. Includes Awake, Tang, and Keen. When portion size was not specified, an estimate of 117 or 125 g was usually used. Items may not add to totals because of rounding.

[2] Less than 0.05 percent.

BEVERAGES

One-fifth of the individuals participating in the survey consumed cola-type carbonated beverages (table 46). The heaviest usage was among teenagers (35 percent), both in frequency and in total amounts. The most frequent serving was in the 200- to 329-g interval (which includes 8 to 10 oz glasses). Somewhat larger portions were also popular, especially among teenagers. Several instances of 6 to 10 servings a day were reported, mostly by teenagers. Users consumed an average of about 1-2/3 cups a day.

Fruit-flavored soft drinks were much less popular than colas, being consumed by only 3.2 percent of the sample (table 47). Older children, teenagers, and young adults (20 to 34 years) had these drinks more often than other sex-age groups. As in the case of the cola drinks, the most popular serving was in the interval including 8 and 10 oz. Users consumed an average of about 1-1/3 cups in a day.

The popularity of diet-type soft drinks was less than the fruit-flavored drinks except among women 20 years of age and over and among men 35 to 54 years of age (table 48). Roughly one out of five women users (not including the elderly) drank these beverages at least twice on the survey day. Servings in the interval including 8- to 10-oz (200 to 329 g) were most frequent among women, but teenagers tended to drink larger amounts at a time.

Reconstituted powdered soft drinks (such as Kool-Aid) were reported in the 1-day diets of 9.8 percent (table 49). They were much more popular among children than adults and least popular among the elderly. Servings of about 1 cup predominated. Out of the 9.8 percent who consumed these drinks, 7.3 percent drank these once, 2.2 percent twice, and others three to six times a day.

TABLE 46.--Cola-type soft drinks consumed in a day by selected sex-age groups, United States, spring 1965[1]

Item and unit	Common measure and weight equivalent in grams	Total sample, weighted	Selected sex-age groups (M = male, F = female)											
			3-5 years M and F	9-11 years		15-17 years		20-34 years		35-54 years		65-74 years	
				M	F	M	F	M	F	M	F	M	F
Individuals sampled, weighted number--		17,810	1,397	663	597	561	532	1,396	1,676	2,050	2,444	450	599
Percent consuming on day surveyed---		20.0	14.8	18.0	19.8	35.3	35.0	33.1	28.6	16.6	15.1	6.0	7.0
Quantity consumed in day:													
Average for users-----------grams---		411.7											
Maximum----------------------do----		2,976											
Proportion of total sample using specified amounts, in grams:													
1- 199----------------percent--	1/2 cup = 123 g	3.3	7.2	2.6	3.0	1.6	4.1	3.7	4.5	2.2	2.4	1.3	2.6
200- 329------------------do----	1 cup = 246 g	6.5	4.0	5.7	7.9	9.1	11.8	8.2	9.8	5.7	5.9	2.0	2.0
330- 489------------------do----	12 oz = 369 g	4.3	2.2	5.0	4.7	9.4	6.8	7.4	5.6	3.3	3.5	.7	1.0
490- 739------------------do----	2 cups = 492 g	3.3	.7	3.2	3.2	7.5	6.8	8.0	4.3	2.7	1.8	1.5	1.2
740-1189------------------do----	4 cups = 984 g	2.2	.6	1.5	1.0	6.9	4.5	4.7	3.7	2.1	1.2	.4	.2
1190-2976------------------do----	8 cups = 1968 g	.3	0	0	0	.7	.9	1.0	.7	.2	.2	0	0
Number of times consumed in the day:													
Average for users----------number---		1.4											
Maximum----------------------do----		10											
Proportion of sample using:													
Once--------------------percent--		14.5	12.2	13.3	16.1	23.4	21.6	21.8	19.6	12.0	11.9	4.0	5.8
Twice----------------------do----		4.1	2.1	4.1	3.4	8.4	10.0	8.7	6.6	3.3	2.6	1.3	.8
Three times-----------------do----		1.0	.4	.6	.3	2.8	2.1	1.7	1.7	1.2	.4	.4	.3
Four to five times----------do----		.3	0	0	0	.5	1.1	.8	.7	.1	.2	0	0
Six to seven times----------do----		0	0	0	0	.2	.2	0	.1	0	0	.2	0
Eight to ten times----------do----		(2/)	0	0	0	0	0	0	0	0	0	0	0
Largest quantity in any meal in a day:													
Average for users-----------grams---		301.4											
Maximum----------------------do----		1,984											
Proportion of total sample using specified amounts, in grams:													
1- 199-----------------percent--	1/2 cup = 123 g	3.9	8.4	2.7	3.5	2.1	5.6	3.1	5.8	3.0	2.9	1.6	2.6
200- 329-------------------do----	1 cup = 246 g	8.8	4.4	8.6	9.9	13.4	17.3	13.9	13.1	7.7	7.2	3.3	3.0
330- 489-------------------do----	12 oz = 369 g	4.9	1.6	5.3	4.7	13.0	8.6	8.9	6.4	4.0	3.4	.7	1.0
490- 739-------------------do----	2 cups = 492 g	2.0	.4	1.2	1.7	5.5	3.0	5.6	2.8	1.7	1.3	.4	.3
740-1189-------------------do----	4 cups = 984 g	.2	0	.2	0	1.0	.4	.6	.2	.1	.2	0	0
1190-1984-------------------do----	8 cups = 1968 g	(2/)	0	0	0	.2	0	0	.1	0	0	0	0

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[1] Data from Survey of Food Intake of Individuals, excluding children under 3 years of age. Only half of the adults 20 to 64 years of age were asked to supply information. To provide the proper representation, the numbers of persons in sex-age groups within this range were doubled for this table. Includes all brands of carbonated cola drinks, bottled or made from bulk syrup, as well as some unspecified soft drinks. When portion size was not specified, an estimate of 246 g was used. Items may not add to totals because of rounding.

2/ Less than 0.05 percent.

TABLE 47. --Fruit-flavored soft drinks consumed in a day by selected sex-age groups, United States, spring 1965[1]

Item and unit	Common measure and weight equivalent in grams	Total sample, weighted	Selected sex-age groups (M = male, F = female)											
			3-5 years M and F	9-11 years		15-17 years		20-34 years		35-54 years		65-74 years	
				M	F	M	F	M	F	M	F	M	F
Individuals sampled, weighted number		17,810	1,397	663	597	561	532	1,396	1,676	2,050	2,444	450	599
Percent consuming on day surveyed		3.2	1.9	3.5	5.4	5.0	3.6	3.6	3.6	2.2	2.6	2.0	1.8
Quantity consumed in day:													
Average for users----grams		334.6											
Maximum----do		1,612											
Proportion of total sample using specified amounts, in grams:													
1- 199----percent	1/2 cup = 124 g	.6	.7	.6	1.2	.2	.6	.8	.9	.2	.6	.7	.5
200- 329----do	10 oz = 312 g	1.2	.6	1.6	2.0	2.3	1.1	1.3	1.3	.8	1.1	.7	.5
330- 489----do	12 oz = 372 g	.8	.4	.8	1.7	.9	.9	.4	.6	.6	.6	.7	.8
490- 739----do	2 cups = 496 g	.4	.1	.3	.2	1.4	.9	.3	.4	.7	.2	0	0
740-1189----do	4 cups = 992 g	.2	0	.2	.3	.5	0	.4	.3	0	.1	0	0
1190-1612----do	6 cups = 1488 g	(2/)	0	0	0	0	0	.3	0	0	0	0	0
Number of times consumed in the day:													
Average for users----number		1.2											
Maximum----do		4											
Proportion of sample using:													
Once----percent		2.7	1.6	2.9	4.8	3.7	3.4	2.7	3.1	1.8	2.4	2.0	1.5
Twice----do		.4	.3	.6	.3	1.1	.2	.6	.4	.5	.2	0	.3
Three times----do		0	0	0	.2	.2	0	0	.1	0	.1	0	0
Four times----do		(2/)	0	0	0	0	0	.3	0	0	0	0	0
Largest quantity in any meal in a day:													
Average for users----grams		280.2											
Maximum----do		1,116											
Proportion of total sample using specified amounts, in grams:													
1- 199----percent	1/2 cup = 124 g	.7	.8	.8	1.3	.2	.7	.8	.9	.2	.8	.7	.7
200- 329----do	10 oz = 312 g	1.4	.8	1.6	2.2	2.8	1.1	1.4	1.4	1.2	1.1	.7	.7
330- 489----do	12 oz = 372 g	.8	.2	1.0	1.5	1.4	.8	.7	1.0	.6	.5	.7	.5
490- 739----do	2 cups = 496 g	.2	0	0	.3	.5	.9	.4	.2	.3	.2	0	0
740-1116----do	4 cups = 992 g	(2/)	0	0	0	0	0	.1	0	0	0	0	0

1/ Data from Survey of Food Intake of Individuals, excluding children under 3 years of age. Only half of the adults 20 to 64 years of age were asked to supply information. To provide the proper representation, the numbers of persons in sex-age groups within this range were doubled for this table. Includes all kinds of fruit-flavored, carbonated soda, pop, Tom Collins mix. When portion size was not specified, an estimate of 246 g was used. Items may not add to totals because of rounding.

2/ Less than 0.05 percent.

TABLE 48.--Diet-type soft drinks consumed in a day by selected sex-age groups, United States, spring 1965[1]

Item and unit	Common measure and weight equivalent in grams	Total sample, weighted	Selected sex-age groups (M = male, F = female)										
			3-5 years	9-11 years		15-17 years		20-34 years		35-54 years		65-74 years	
			M and F	M	F	M	F	M	F	M	F	M	F
Individuals sampled, weighted number		17,810	1,397	663	597	561	532	1,396	1,676	2,050	2,444	450	599
Percent consuming on day surveyed		2.3	.9	1.7	1.7	1.8	2.6	1.9	4.9	2.4	3.6	1.3	2.3
Quantity consumed in day:													
Average for users---grams		355.6											
Maximum---do		1,440											
Proportion of total sample using specified amounts, in grams:													
1- 199---percent	1/2 cup = 119 g	.4	.4	.8	.5	.4	.2	0	.6	0	1.1	.4	.7
200- 329---do	1 cup = 237 g	.7	.4	.4	.8	.2	.9	.7	1.4	1.8	.9	.2	1.0
330- 489---do	2 cups = 474 g	.8	0	.4	.3	.8	1.5	.8	2.0	1.4	1.0	0	.5
490- 739---do	3 cups = 711 g	.2	0	0	0	.2	0	.1	.7	.2	.5	.7	.2
740-1189---do	4 cups = 948 g	.1	.1	0	0	0	0	.1	.1	.1	.2	0	0
1190-1440---do	6 cups = 1422 g	([2])	0	0	0	.2	0	0	0	0	0	0	0
Number of times consumed in the day:													
Average for users---grams		1.2											
Maximum---do		4											
Proportion of sample using:													
Once---percent		1.9	.8	1.5	1.7	1.6	2.6	1.7	3.8	2.0	2.8	.7	2.2
Twice---do		.3	0	.2	0	0	0	0	1.1	.4	.6	.7	.2
Three times---do		.1	0	0	0	.2	0	.1	0	0	.2	0	0
Four times---do		([2])	0	0	0	0	0	0	0	.1	0	0	0
Largest quantity in any meal in a day:													
Average for users---grams		300.2											
Maximum---do		1,185											
Proportion of total sample using specified amounts, in grams:													
1- 199---percent	1/2 cup = 119 g	.5	.4	.9	.5	.4	.2	.1	.7	0	1.2	.4	.7
200- 329---do	1 cup = 237 g	.9	.4	.4	.8	.2	.9	.7	2.1	1.0	1.3	.4	1.2
330- 489---do	2 cups = 474 g	.8	0	.3	.3	1.1	1.5	.8	1.8	1.5	1.0	.4	.5
490- 739---do	3 cups = 711 g	0	0	0	0	.2	0	0	.2	0	0	0	0
740-1185---do	4 cups = 948 g	([2])	.1	0	0	0	0	.1	0	0	0	0	0

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[1] Data from Survey of Food Intake of Individuals, excluding children under 3 years of age. Only half of the adults 20 to 64 years of age were asked to supply information. To provide the proper representation, the numbers of persons in sex-age groups within this range were doubled for this table. Includes all diet-type, carbonated beverages with artificial sweetener. When portion size was not specified, an estimate of 237 g was used. Items may not add to totals because of rounding.

[2] Less than 0.05 percent.

TABLE 49.--Reconstituted powdered soft drinks consumed in a day by selected sex-age groups, United States, spring 1965[1]

Item and unit	Common measure and weight equivalent in grams	Total sample, weighted	Selected sex-age groups (M = male, F = female)										
			3-5 years	9-11 years		15-17 years		20-34 years		35-54 years		65-74 years	
			M and F	M	F	M	F	M	F	M	F	M	F
Individuals sampled, weighted number--		17,810	1,397	663	597	561	532	1,396	1,676	2,050	2,444	450	599
Percent consuming on day surveyed--		9.8	20.4	18.1	18.4	12.5	13.0	8.0	9.6	4.8	5.1	1.8	1.8
Quantity consumed in day:													
Average for users-----------grams--		409.9											
Maximum----------------------do---		2,480											
Proportion of total sample using specified amounts, in grams:													
1- 119-----------------percent--	1/3 cup = 81 g	0	.1	0	0	0	0	.1	0	0	0	0	0
120- 209-------------------do----	1/2 cup = 122 g	.9	5.8	.6	1.7	.4	.4	.4	.7	.1	.7	.2	.3
210- 279-------------------do----	1 cup = 243 g	4.1	7.1	8.0	7.5	4.6	6.6	3.2	4.2	2.0	2.8	.7	.8
280- 399-------------------do----	1-1/2 cups = 365 g	1.3	3.4	2.0	1.8	1.8	1.3	1.3	1.2	.9	.5	0	.3
400- 609-------------------do----	2 cups = 486 g	2.0	3.0	4.7	4.2	2.0	2.6	1.3	1.7	1.1	.8	.4	.3
610- 759-------------------do----	2-1/2 cups = 729 g	.8	.7	1.8	2.2	2.5	1.7	.8	.7	.2	.2	.2	0
760-2480-------------------do----	4 cups = 972 g	.5	.4	1.0	1.0	1.2	.4	.8	.5	.5	0	.2	0
Number of times consumed in the day:													
Average for users----------number---		1.3											
Maximum-------------------------do----		6											
Proportion of sample using:													
Once--------------------percent--		7.3	14.8	12.8	12.6	9.3	9.4	6.3	6.4	4.1	4.2	1.1	1.2
Twice----------------------do----		2.2	4.9	4.7	4.8	2.8	3.2	1.7	2.1	.6	.8	.4	.7
Three times-----------------do----		.3	.5	.4	.5	.4	.4	0	.2	.1	.1	.2	0
Four times------------------do----		.1	.1	.2	.5	0	0	0	.1	0	0	0	0
Five to six times-----------do----		(2/)	.1	0	0	0	0	0	0	0	0	0	0
Largest quantity in any meal in a day:													
Average for users-----------grams--		316.2											
Maximum----------------------do---		2,480											
Proportion of total sample using specified amounts, in grams:													
1- 119-----------------percent--	1/3 cup = 81 g	0	.1	0	0	0	0	.1	0	0	0	0	.2
120- 209-------------------do----	1/2 cup = 122 g	1.3	7.9	.8	2.2	.4	.6	.6	.8	.2	.8	.2	.3
210- 279-------------------do----	1 cup = 243 g	5.4	9.5	11.6	10.6	5.3	8.6	3.2	5.7	2.2	3.4	1.1	1.0
280- 399-------------------do----	1-1/2 cups = 365 g	1.5	1.8	2.2	2.8	2.7	2.1	1.7	1.1	.9	.6	0	.3
400- 609-------------------do----	2 cups = 486 g	1.2	1.0	2.0	2.2	2.7	1.1	2.0	.8	1.0	.2	.2	0
610- 759-------------------do----	2-1/2 cups = 729 g	.3	.1	1.0	.5	.7	.4	.4	.5	.2	0	.2	0
760-2480-------------------do----	4 cups = 972 g	.1	0	.4	.2	.7	.2	0	0	.3	0	0	0

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[1] Data from Survey of Food Intake of Individuals, excluding children under 3 years of age. Only half of the adults 20 to 64 years were asked to supply information. To provide the proper representation, the numbers of persons in sex-age groups within this range were doubled for this table. Includes Kool Aid but excludes Tang, Awake, etc. When portion size was not specified, an estimate of 246 g was used. Items may not add to totals because of rounding.

[2] Less than 0.05 percent.

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